

Ἄριστον μὲν ὑδωρ ;

WHAT MUST I DO TO GET WELL?

AND

HOW CAN I KEEP SO?

BY

ONE WHO HAS DONE

10606

AN EXPOSITION OF THE SALISBURY

LONDON

SAMPSON LOW, MARSTON, SEARLE & RIVINGTON

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TO HER

WHO WAS THE BEST AND HIGHEST INFLUENCE

OF MY YOUTH,

AND IS NOW THE MOST BLESSED MEMORY OF MY AGE.

WITH REVERENT DEVOTION, I LAY THIS LITTLE BOOK UPON

GEORGE ELIOT'S GRAVE.

ERRATUM.

Page 27, line 1, *for* you prophets, *read* your prophets.

PREFACE TO THE SECOND EDITION.

THE origin of and apology for this little book, are the very many letters I received from friends, and more particularly from strangers, inquiring minutely about the Salisbury Treatment.

The answers took long to write, (often was I thus employed from 5 A.M. till 5 P.M.) and after all I could not in the compass of a letter, indicate everything that from their questions I judged would be of use to my correspondents, in their endeavour to regain health or keep it. So this little book came to be evolved out of the needs of others, and I can truly say that I have put my whole heart into the work. And the abundant testimony that I did, and do still continually receive, to the "very great benefits" that large

numbers have derived from following the treatment as I endeavoured to explain it in these letters and in my first edition, has made writing this second one—if that were possible to me—doubly a labour of hope and love. More especially as I saw far greater possibilities for helpfulness and good, widening before me, on receiving from Dr. Salisbury his masterly Work newly published in America, “The Relation of Alimentation and Disease.”

I begged and obtained his generous permission to use and make copious extracts from it. Accordingly, with close and deep attention I studied his book ; and then very carefully re-wrote my own ; enriching it largely throughout with the fruits of Dr. Salisbury’s wisdom and research and long and varied experience.

Knowing as I did for so many years what it meant to “eat my bread with tears, and lie weeping on my bed through the long night hours” in grief and pain ; these pages have been written in the ardent desire to help others *to help them-*

selves, and save them from the suffering that I suffered.

I lay no claim to novelty, less than none to originality—I have but done my very best to explain helpfully and encouragingly the beneficent operation of the Salisbury Treatment, as I have felt it in myself and seen it in others, to explain it so clearly and practically, that every intelligent man and woman may, by its help, get well and keep well. This is the goal towards which I have striven from my first page to my last. And with this view, I have in addition drawn attention to a few of the signs easily discernible, *when one first begins to get out of health*, so that the remedy may be adopted at once; and the pain, unutterable weariness, nuisance and expense of illness spared. Every word also that I have said from myself is the outcome of tried and hard experience learnt in conflict with a nine years' most severe illness, and very much of it has been recalled to me now by those inquiries I spoke of above.

That words and experience of mine should stir you to rise up and conquer back for yourselves health, and freedom from pain and misery as I have done, by the simple, sure and safe means here narrated, makes me most truly happy, and I feel—thankfully feel—that all I have suffered and what I have written, are not resultless. Nor for myself have they been altogether so either,

“ — all these years
Of lonely being. I have grown
To tenderer pity for the tears
Of others,—gazing through my own.”

E. STUART.


June 21, 1888.

HOW TO GET WELL.

MODUS OPERANDI; OR, HOW TO SET ABOUT THE SALISBURY TREATMENT.

"Each truth, learnt from science or experience, must have become part of the man's existence; the theoretical truth must form such a part of his very being that it influences, almost unconsciously, every practical action. If a theory of life is worth studying, let the propounder bring evidence that it has moulded his own character, has been the mainspring of his actions."—KARL PEARSON, M.A.

"Hundreds of thousands are dying, for the simple reason that they do not know how to live to keep well, or how to live to get well. Aside from injuries, infections, and poisons, all our ills are caused simply by doing what we ought not to do, and leaving undone the things we ought to do. It is painful to think of the terrible slaughter caused by ignorance."—*From a letter of* DR. SALISBURY'S.

HE question that I am asked oftenest nowadays, is "*What is meant by The Salisbury Treatment?*" ' This question I propose here

to answer to the best of my ability; feeling it will do much to encourage and reassure those who are ill, if I can partly tell them how carefully, patiently, and wisely this treatment has been thought out and tried in all ways; what painstaking research, reasoning, logic, insight, and earnest sincerity were brought to bear on the subject. If I can make the sick see clearly the reason why it has attained such success as a cure in all kinds and stages of illness, during a long course of years—nearly thirty-five—they will surely, for their health's sake, not refuse to try it.

Dr. Salisbury of New York, a thorough microscopist and chemist from his early youth, entered upon the profession of medicine in 1850.

He was at once strongly impressed by the almost utter ignorance existing in "the Profession," concerning the real Cause of Diseases, and consequently by the uncertainty and haphazardness inevitable in the mode of their attempted

cure. The dire list of so-called incurable diseases haunted his thoughts day and night. He felt convinced that they must be curable since they could arise in previously healthy organizations, that there must exist a tangible cause for them, that the cause must be discoverable, and he resolved that he would never rest content until he had discovered it. I have no room here to tell of his long and arduous investigations, of all the means he used, microscopically, chemically, scientifically, both as to the human body, and the foods it most constantly consumes. Anxious, painful, and laborious were the first five years; till at length daylight began to break in upon his persevering researches, and he found at last the clue by which he was to thread his way to complete success. Acting upon this glimmering of light through the obscurity, he began to experiment first upon himself alone in the matter of diet, on vegetable and other foods, in undue proportion or exclusively; carefully marking the results and symp-

toms, and examining microscopically the passages, which showed how much of such foods did not digest but fermented, filling the digestive organs with yeast, carbonic acid gas, alcohol and vinegar, affording therefore no nourishment to the body, but establishing diseased conditions. Then, and at various periods of his life, he hired robust strong men, four and six together to live with him for a time, paying them well. Without taking the exercise needful for health (which would have postponed the crisis), they all fed alike, exclusively on the vegetable or other foods on which he desired to experiment. In this way he soon produced in himself and them the various illnesses which we, taking longer about it from more favourable conditions and circumstances (exercise, partial meat diet, &c.), produce in ourselves by prolonged unhealthy alimentation.

Amongst the vegetable foods on which they all fed (one food singly at a time) were bread, beans, potatoes, asparagus, maize, oatmeal, rice; and the other foods.

(also partaken of singly) comprised beef, mutton, chicken, turkey, lobster, fish, &c., of which *Beef* triumphantly bore away the palm as the aliment most easily digested and the most sustaining, and also as the food on which, exclusively, we can subsist the longest not only without injury, but with positive good. After that followed mutton; and turkey came in third, the rest being, for the purposes of an exclusive dietary, practically "nowhere." He watchfully noted down all symptoms and results, and before he separated from his hired men, cured them by a course of diet exclusively of broiled lean beef, washing out well the while with the hot water. Some slight medicines were brought in as well; but, as Dr. Salisbury says, "They are merely aids to the restoration of healthy states, after the cause, or the unhealthy alimentation, is removed." But since he could not, as he naïvely says, carry his experiments on to the death-point with himself or his "boarders," he bought over a thousand hogs, so that he

might test on them various methods of feeding. (I may remind you that the stomach and digestive organs of the pig approach more nearly the same organs in man than those of any other animal. The digestive secretions are very similar and act in a like manner upon the food.) In order to be quite sure of all his facts, he tended, fed, and when they died, dissected them himself; and by 1858 he perceived clearly and unmistakably that *all diseases not caused by accidents, poisons or infections, emanate from unhealthy alimentation.* And having at last reached the cause, the remedy was not so far to seek. The occurrences and details of his labours and experiments in this deeply interesting field are given in his great work lately published in America, "The Relation of Alimentation and Disease," a work of vital interest, which should be thoughtfully studied by everybody who duly values, and would learn how to keep his most precious possession, namely, his health.¹ And thus, in 1858,


¹ This book can now be had in England, along with

his life-mission opened itself out fully before him, and earnestly and with a deep sense of responsibility did he set about it—not so much to make a living for himself as to help others to live—to endeavour to prevent disease and to cure it. Nobly has he fulfilled that mission, as hundreds can now gratefully testify, who but for him would to-day be taking their long sleep in “the land where no man dwelleth,” or would be as I was, hourly, for eight and a half most weary years, sleepless, helpless, barely able to move, and night and day unceasingly suffering great anguish. If you who read these lines had but seen me then—could but see me now, after a few short months of the diet and hot water! Honour to whom honour is due. Let us then pay our tribute of praise and gratefulness ungrudgingly to the genius, solicitude, and unwearying perseverance that so long and carefully thought

Dr. Salisbury's Diet Cards, and other works, from Messrs. Sampson Low and Co., St. Dunstan's House, Fetter Lane, London, E.C.

out and discovered for us this simple, efficacious, and safe means of prevention and cure of disease—Dr. Salisbury's Treatment.

I now proceed to unfold the means of cure, and I find that it is not superfluous to say that I address myself to THE SICK.

 IF you desire to get well, you will take four pints of hot water a day, and restrict, for a time, your diet to minced beef only.

One good hour, or longer, before each of your three meals, always on an empty stomach, take one pint of hot water, as hot as you can *comfortably* take it, as hot as in fact your tea and coffee—that is, from 110° to 130° Fahr. as it suits you best. *Do not try to take it too hot.* And some two and a half or three hours after your last meal, say, a good half-hour before bed-time, take your fourth and last pint of hot water. “The best times for the regular meals are

8 a.m., 1 p.m., and 6 p.m.; and the best times for taking the hot water are about 6.30 a.m., 11.30 a.m., 4.30 p.m., and 9 p.m.” (*Dr. Salisbury*).

The water must NOT be swallowed quickly, but *sipped slowly*, so as not to cause weight and distension. If you fancy, after trying it, that you find it “very hard” to take the whole pint at first, then it is very easy and permissible to take a little less to begin with, but I *strongly and earnestly* advise you to come speedily to your full pint each time, if you really wish to gain the whole benefit of the treatment. You cannot, in adhering to your pint, take an over-dose; do not be afraid of it. I take occasionally two pints at a time, and feel myself all the better for it, though I also thought a pint at first rather stiff to manage, and only my conviction of the logic of it carried me through. In a very short while, habit, the great good you will feel yourself deriving from it, and its own soothing properties, will make it quite easy and

even pleasant to you to take the full quantity prescribed, especially if you bring a cheerful good-will, courage, and dogged determination to your own cure. "It was only after repeated experiments that the most favourable temperature, amount, and hours for taking the hot water were determined accurately as above given." Should you fancy that the hot water "will make you sick"—or, from the foul state of your stomach, should it at first really produce some nausea, add to it a little aromatic spirits of ammonia, a pinch of salt, a squeeze of lemon-juice, or a little sulphate of magnesia—nothing else besides. If your mouth is dry and tongue clammy, lips dry and hard, add to your hot water a pinch of chloride of calcium or nitrate of potash, which will soon afford complete relief from the dry, parched sensations. It would be well to take note of the fact, and remember, that no beverage whatever *quenches thirst* in the way that hot water does.

Some of the English doctors—especially

latterly—prescribe hot water with, or shortly after meals. But this is to render its *raison-d'être* of very little or rather no effect, and to retard or impede digestion by diluting and weakening the gastric juice. The object and uses of the hot water, taken as carefully directed, are roughly these:—(1) It washes out the stomach thoroughly, cleansing away all the sour yeast, slime, and mess left there after food, leaving it clean and free for the action of the gastric juice on the next meal. (It is therefore easy to understand, with a very little thought, *why*, along with its other benevolent work, it soon cures indigestion, heartburn, and flatulence, and makes you very hungry for your food.) (2) It stimulates the liver to activity, accelerating the downward flow of the bile through the right ducts and channels; and when you remember that a man in health produces from a pint and a half to two pints of bile a day, you will appreciate the importance of not allowing this fluid to go “fooling around” everywhere, to

become re-absorbed into the blood-stream, but of guiding it in the way that it should go. (3) It causes a flow of urine sufficient to keep in solution the uric acid, which, when the urine flows scantily, so often deposits as red sand; and it renders the water quite clear and pale in colour, as it ought to be, and consequently greatly eases the filtering work the kidneys have to perform. (4) It liquefies and purifies the blood, thus not only largely *increasing circulation and vitality*, and imparting an unwonted sensation of permanent warmth and comfort to the body, hardening it against colds and chills; but (5) it greatly lightens the work *the heart* has to do, making it much easier for it to “handle”²

² See “Hot Water as a Remedy,” 4th Edition, 10th Thousand, price 4d. London, Simpkin and Marshall; Lancaster, E. and J. Milner. A very valuable pamphlet, whose compiler has done generous and noble work in the Hot Water Crusade, besides being the first to make known the Salisbury treatment in England; to whom, for that, and ever ready kindness and helpful encouragement, I gladly own myself deeply indebted.

the pure liquid blood than when it is sluggish, sticky, and congested. (6) It washes out the uric acid in the joints, which deposit causes in some cases, such as gout, rheumatism, &c., so much distress and helplessness, and keeps them lissom. (7) It quickly diminishes pain, soothes and strengthens the shattered nerves, gives calm, cheerfulness, and strength to the mind, through the good work it does to the body; and (8)—boon unspeakable—it induces, thanks to a clean untroubled stomach; sound refreshing sleep. It fulfils other beneficent offices for the suffering (as also for those in health who desire to keep so; for, well or ill, *everybody* needs an internal bath, more even than an external one), “even comparatively healthy persons find it of much benefit;” but what I have said is enough to show the reason why those who have seriously tried it on the lines laid down above, are earnest in preaching it to fellow-sufferers, and indeed to all, and are ardently desirous that others should, by its

means, enjoy a like benefit with themselves. For myself, from the inestimable and unspeakable good it has done me, and the numbers whom I have persuaded to take it, I seem now only to live to preach hot water, and also where required the diet of minced beef.

The hot water is the foundation of all treatment by Dr. Salisbury in chronic disease, and he, as its discoverer, says, as the result of his long experience, that were he limited to but one remedy, that one would be hot water. Let any having doubts of its efficacy note the above, and just try it. The longer you take the hot water, the more you will find the benefit, and you will *very soon* begin to feel a great difference in your condition. It may cheer and encourage you to get down the full four pints a day, to be told from the solid experience of another—namely mine—that each pint you take brings you nearer to the blessed goal of health once more: each pint *tells, makes for health*, and that, even if you did not wish to get well, in taking

regularly and systematically the good hot water, you cannot *prevent* yourself from getting better and better day by day. Each meal of minced beef only, and each pint of hot water that you take, are mile-stones that you have *passed* on the road, and shorten the journey back to Health again. In reference to No. 4, my own experience may be encouraging to invalids. For many years past I have constantly felt cold, even near a blazing fire, east wind and damp caused me cruel suffering, and in summer I sat out only on the hottest days, in the sun, shivering with cold, though wrapped in furs. As to an open window, the very sight of one terrified me and I fled; and the gratuitous alacrity with which I took very serious chills would have been laudable in a better cause. This winter (1887-8), the first that I have been on the minced beef diet, they tell me has been a severe one. But I know nothing of it. I have often by day sat with an open window and no fire, have always slept thus whatever the weather, and walked

and sat out of doors most days, by no means wrapped up, with deep snow on the ground. Dr. Salisbury foretold this happy revolution, last year in London, assuring me that, if I *fed properly*, I should come to sleep on a snowdrift and be none the worse. I do not recognize in my present hardy self the poor, shivering, chilly wretch of but a few months ago. In illustration of No. 5, I may mention that I used to suffer a great deal from oppression and irregular beatings of the heart on climbing upstairs, when hurried or even slightly agitated. Not one trace of this remains. Almost immediately on beginning the hot water, these distressing sensations ceased, and have never returned.

Now for the second part of the Salisbury treatment, namely the regimen. It is a diet, while the necessity for it lasts, of entirely animal food—lean beef, chiefly minced. The meat for this purpose should be from the round or flank, above the hock, which is richer, more juicy, and less expensive than the sirloin. The meat

should be freshly killed, as it separates from the fibre more readily and can be more finely minced or chopped than when it has been hung or kept as for steaks or roasts. The plan is to have the raw beef finely minced by sending it through a machine three times. All fat, gristle, connecting tissue to be rejected (this can be used for soup if carefully skimmed); the mince to be made up very lightly and rather sloppily into cakes; seasoned with black pepper and salt sufficient to make them tasty; moistened with good soup, but not pressed hard and tight, as that renders them unpalatable and indigestible. The cakes must then be grilled well through, lightly on both sides, over a clear fire, turning the griller often.

N.B.—*No réchauffés allowed, nor cold foods and drinks.* If obliged to take them cold sometimes, warm them well in the mouth before swallowing.

The best griller (recommended by Dr. Salisbury) for these beef cakes (as for the ordinary steaks and chops) is the

American griller, price 2s. 6d., only to be had from the Stella Lamp Dépôt, Oxford Street, W.

Another way of doing the beef for a change, which is simpler, easier to cook, and which I like much better and find more easily digested than the beef cakes, is as follows. When finely minced raw, and cleared from skin, gristle, &c., seasoned with pepper and salt, and mixed thoroughly with a little good meat soup freed from fat and *used cold* (in the proportion of about a pint to one and a half pounds of *mince*), stir and press smooth with a wooden spoon over a gentle fire until *thoroughly*, yet not over-cooked. On no account must it ever boil, as that makes it hard and lumpy. This is extremely good, easily taken, and digests and assimilates admirably; one does not weary of it, and you will soon be able to eat very plentifully, without any trouble, and to enjoy it. Several people have been kind enough to let me know that they also find this way of cooking the mince more palatable.

and easier of digestion than the beef cakes; and that they can take the mince thus prepared for months without its palling, whereas, against the broiled cakes "their stomachs rise" after a very little while. I imagine the reason partly is, that the beef cakes require more careful cooking than they ordinarily obtain, and I for one have long discarded them and have held contentedly and entirely to the mince, cooked simply in my own fashion, as described. Dr. Salisbury does not object to its being done in this way, provided no carrots, greens, grease, &c., are cooked with the soup used in mixing the mince.

If you find it too hard to manage the minced beef alone all at once (the hot water, however, creates an appetite for animal food, and makes it easier to "negotiate"), then, rather than give it up, take for a while, with each meal, one or two pieces, not more, of bread cut thin and roasted quite crisp in the oven. On these you may spread a little fresh butter, but

you are not, on any account, to eat cooked butter in any form, or things fried in butter, grease, or lard. Make the minced beef your principal food, taking, say, four or six mouthfuls of mince to one of roasted bread and butter. *Try, however, for your own sake to come as soon as you can to the minced beef diet alone.* You may have black pepper, salt, and mustard with your beef, if desired, and a dash of chutney sauce, but no vegetables except a little raw celery with each meal, no made sauces and no puddings, pies, boiled paste, jam, vinegar (where you used vinegar, substitute lemon-juice—as in salads, mint sauce, &c.), no pickles, cake, and so on; and milk, as an ordinary article of food, being very fermentative, is to be, as a rule, avoided.

It is a hard diet, and fully exercises all one's force of will, self-denial, and perseverance; and for that reason it is better to eat alone, or with those on the same *régime*, so as to avoid temptation. For myself, I always find it considerably safer

to *retreat* before temptation than to resolve to get the better of it. That ends in its getting the better of me to a dead certainty; there is nothing for it, therefore, I find, but to show "a clean pair of heels" when good things are about—especially cake; and, therefore, I always eat alone. This rigorous diet has to be continued as long as the illness lasts, but *great* will be your reward if you pluckily and faithfully persevere, nor will it long delay.

If, being ill, in trust and confidence you will adopt this diet and the hot water, you are extremely wise and very happy: and your recovery will probably be one gradual but triumphant progress from first to last. As mine has been; I was desperately ill when I began the strict Salisbury Treatment, I wish I could describe how ill, and with what complications—but I have gone right ahead ever since, always steadily on the mend, with no disheartening relapses. I see no doctors, take no medicines nor stimulants, only

stick to my hot water and the minced beef diet (both of which I have grown to like very much), and report myself from time to time by letter to Dr. Salisbury. (I believe you can send a telegram from London to New York, and be answered within three hours, and receive a reply to a letter within sixteen days. His telegraphic address is "Dr. Salisbury, New York," and the address for letters is 9, West 29th Street, New York City; a letter describing your case would meet with his prompt attention, as would also a telegram.)

As to the quantity of food to be taken at each meal, the rule is, *eat heartily*, always leaving off feeling you could eat just a little more.³ The strict diet is

³ The Salisbury Treatment calls not only for perseverance and self-denial in no ordinary degree, but it further exercises one's judgment and intelligence. For you need to very carefully watch that you eat as much as, and yet no more, at each meal than you can well digest, a point very difficult at first to arrive at; but necessary in order to avoid blunders which would retard your progress. No one can judge in this matter so safely as the patient's own stomach. It is a mistake to try to eat by weight.

minced beef for breakfast, dinner, and supper (with the hot water as indicated). If hungry betweenwhiles take a sip of good meat soup, or a few mouthfuls of the minced beef, unless this should interfere with your hot water hour, in which case, take only the hot water, as it is a food and stimulant as well.

On adopting the minced beef diet so easily and quickly digested, you will, it is well to warn you, at first miss a good deal the filled out, pleasantly "crowded" sensation afforded by the vegetable foods; and, therefore, in the night are apt to grow hungry.

Do not try to go to sleep in that case. Even animals cannot sleep when hungry. When you hear a horse pawing in his stall at night, you may be pretty certain he hasn't had his proper amount of supper given him. And your own endeavour after sleep on an empty stomach, would be sure to end in failure. You would begin to think, then to worry over troubles that in daylight were quite bearable, but

which in the silence, darkness, and your own exhausted condition become exceedingly black and grim. Always therefore have a cup of good meat soup or a cup of mince (both covered) beside you, and take a few mouthfuls of either or both, and soon sleep and oblivion will kindly enfold you.

A word of advice is absolutely necessary here, for those about to embark upon the minced beef diet, and I beg to call their attention to it. You will not get on as you should do if you don't *eat enough*. Don't, if you eat with others, be discouraged and abashed if they look surprised and say, "What! are you going to eat all that!?" To be sure you are; and let them take note that while they have the whole provision department comfortably stocked (no corners left) with soup, fish, meat, bread, vegetables, pudding and goodness knows what besides—with liquids added; you have to satisfy your capacity on meat alone, which takes up little room, digests quickly, and for which

How to get well.

your hot water has made you uncommonly hungry. The rule for you therefore is, *mince à discrétion*. It is not so expensive a diet as it seems, for it is your whole *menu*, there are no extras. Dr. Salisbury says, "You need not be surprised if the patient comes to eat from two to four pounds a day, and his appetite must be gratified." I began with from six to ten ounces a day, I now make short work of two pounds. But then I add no other kind of food whatever, and I am, as the result, so absurdly well, daily able to do and to enjoy more—and the unwonted sensation of *buoyant health* again, is more than delightful.

There are several points which I shall be careful to mention now, being anxious to omit nothing that can reassure and encourage you as you begin and continue the strict Salisbury system.

I therefore caution you beforehand that on commencing the treatment in its integrity you may expect to grow thin, lighter in weight, look somewhat pulled down, and lose—not flesh—but fat, and soft deterior-

rated tissue. Do not take alarm at this symptom and, thinking it is all up with you, abandon the treatment. Your friends and "the Doctor" will be sure to say, "I *told* you so," wax doleful in their prognostications of what is going to happen to you, and try hard to persuade you back to the old ways of physic and feeding. This decrease in weight is really a good sign, not a bad one in spite of appearances; and it is for you now to show that you are made of the right stuff, can stick to what is for your good, and hold your own pluckily in the face of much talk. I have gone through all this myself, I grew even thinner and looked yet more ghastly than long illness had made me; but though at first feebler and weaker in body, I knew I was all right, for besides my unshakable reliance on the Salisbury treatment, I grew clearer and stronger in mind than I had been for years. I have seen others in a like predicament, we came out of it in triumph, and so no less surely will you, however direful the forebodings.

And you may tell you prophets of evil that Dr. Salisbury himself forewarns you of this change in these words. "Never mind the shrinkage in weight, it is natural and absolutely necessary, for the reason that those foods which upholster or make fat, are the very ones which produce the disease. The weight decrease is not at all dangerous or alarming. . . . The patient will again begin to make new and firm healthy tissue at a later stage of his cure, when normal blood-making processes are fully restored. The tissue with which he has parted—devitalized and enervated—is no loss, and must give place to that of the new order of things." Ere long you will be conscious of a gradual but sensible increase from heavier blood, muscle, nerve, and bone. You will find that you will gain in flesh and weight up to the necessary point for health, and if you *feed properly*, thereabouts you will remain.

It is, however, very much to be deplored, when the patient's friends rashly en-

deavour to dissuade him from a mode of treatment, which such universal experience shows, and a little careful examination on their own part would establish scientifically, to be for his undoubted benefit. It seems to me that it is a selfish, unkind, and unconsidered course of action, and that it would be wiser and worthier in them, to devote a little time and thought to the study of the reasons for the Salisbury system; so that, if in the course of the treatment *his* heart fail or his feet weary, they may be able—true friend-like—to bear him up on the wings of reason and faith, and cheer him on to persevere in the good but sometimes difficult way. How sweet a little kindly encouragement is, in the midst of opposition and discouragement, none know better than I, nor how thankfully it is treasured in the comforted heart.

And again I give Dr. Salisbury's own note of warning. "In the first days of the treatment the patient often feels very feeble, owing to the absence of the arti-

ficial stimulus of fermenting foods; this also is natural and need evoke no anxieties. A cleansing process is not *per se* a strengthening one, but is needful in order to prepare a basis for the requirements of real strength." You should now not take much muscular exercise, but should live as quietly and placidly as you can, most carefully avoiding all fatigue. Dr. Salisbury at this stage (which is only temporary) advises careful and gentle massage and, if possible, drives, as providing passive exercise without fatigue. As soon as you grow strong again, of course take out-door exercise in moderation. Now would be the time for a tricycle, that sublime Institution for those of us who cannot afford to keep even a jackass, and who care to take our exercise at first hand (or foot) not vicariously. Cycling, in bringing into play the abdominal muscles, in quickening respiration and the heart's action and increasing circulation, has a powerful effect, through pressure, on the liver, squeezing out the flow of bile, pre-

venting its dawdling about, and making it "go quicker."

Climbing steep hills has a similar excellent awakening effect on the liver, and if you can't manage a daily climb, take any chance that offers to run up and down stairs rather than sit still all the while; and divide twenty minutes between a morning and night performance with the dumb-bells. It will be well-spent time for man or woman, always guarding against overdoing it. From the first, as I hinted before, on beginning the strict Salisbury Treatment, it is almost wonderful how rapidly *mental* strength returns, how very soon work becomes once more pleasure and not toil, and what a keen interest we take again in subjects and things from which we so lately turned with weariness and indifference, if not with positive aversion.

Again, there is another good symptom sometimes mistaken for a bad one, to the extent of frightening the patient into dropping the treatment, and I call atten-

tion to it in Dr. Salisbury's own words. "The passages from the bowels will become black and tarry and rather small in quantity . . . this must be expected. These dark and sticky stools are caused by the washing down of the black bile, which has previously been saturating the system and been partially carried off through the urinary organs and sweat glands. The black condition of the biliary secretions is the outcome of long continued fermentation of foods in the stomach and bowels, keeping up constant reversed peristaltic action in the digestive organs, gall bladder, gall ducts. . . . The smallness of the passages is due to the meat foods being nearly all utilized in nourishing the body." The motions gradually lose their offensive smell, though they continue black, sticky, and "scrappy" for a long time, six or eight months; all which proves how greatly this washing out of the liver and bowels, and clearing the alimentary canal from fermentations were required.

Yet again, on commencing the Salisbury Treatment, there is often just at first some diarrhœa. This is caused by the now plentiful downflow of the bile into the bowels—its proper place—and we should assist and encourage nature to eliminate the objectionable materials requiring ejection, by taking a mild laxative. As Dr. Salisbury says, “The cleansing process is in itself right and natural, these matters must all be washed out of the system.” But there ought to be no violent “scourings,” and should this diarrhœa continue too long, take a little boiled milk with a good dash of black pepper in it, or some cinnamon or ginger tea, and lessen the quantity of hot water so as not to dilute the tea too much; eat well of the mince and eschew for the time being all unnecessary expenditure of strength. Remember that all foods, drinks, and medicines which heighten the colour of the urine, or lessen the appetite for meat, should be avoided. Clothe always warmly and comfortably, by day and night, in elastic woollen clothing,

which, without overheating the body, should be thick enough to prevent your suffering from changes of temperature and weather.

On the other hand again, you may experience some constipation; this need not alarm you either, for there is extremely little *waste* in the food you are now taking, but should you feel at all incommoded, take in your hot water a teaspoonful of Sulphate of Magnesia, or half a one of Taraxicum. Or, take over-night a teaspoonful (more or less, as necessary) of the *Fluid Extracts*—not *Tinctures*—of, best (and nastiest) of all, Cascara Sagrada, Senna, or Rhubarb. Just sufficient of one of these may be taken on retiring to give a satisfactory movement the following morning. If the dose has not proved enough, an injection of a dessert-spoonful of glycerine in two tablespoonfuls of water may be used in the morning and retained fifteen or twenty minutes. In chronic constipation, which simply means partially paralyzed bowels, the right quantity to

move the bowels once a day should be determined by trial, and this must be kept up every night steadily without a single interruption; lessening the dose gradually as the bowels regain tone. In this way constipated states disappear slowly but certainly: the cure requires time and patience. Avoid extremes, for one extreme leads to another; take the happy medium. Never *physic*, but never allow constipation to gain on you. Use, as it were, just grease enough to keep the carriage-wheels from squeaking, and no more.

I refer you to Messrs. Duncan and Flockhart, Edinburgh, for medicines always pure and *fresh*, a very important point. They are the best as my large experience has shown me. You can, for a change, if you like, chew a piece of Rhubarb root, a bit the size of a prize pea, two or three times a day. Dr. Salisbury calls this "lovely." I can't just honestly say I think it *very* nice, but it is decidedly good for the wholesomes.⁴

⁴ Several correspondents have been so good as to let

When you ask at the chemist's for genuine Rhubarb root, "see that you get it," and refuse to be fobbed off with manufactured stuff. The genuine root is not very yellow, is light in weight, porous, and rugged in shape.

It is right that, on commencing the strict treatment, you should be prepared for these contingencies, that you should know the *reason* of them all, so as to take things easy and not let yourself be upset or disheartened by them, as might be the case did they come upon you by surprise.

Watch well your own case with care and intelligence; it is to your best interest to do so. The urine should be examined daily with a view to colour, density, and quantity; it must be perfectly inodorous, the colour of a healthy infant's, which pre-

me know that when they take the water pretty hot they are troubled with constipation, and are all right when they take it cooler. I am obliged by this hint and tell it here, so that each person may study his own idiosyncrasies in this matter, and by trying and *observing*, arrive at what best suits himself.

supposes in most cases the absence of bile compounds, and consequently that your nervous system is not being upset and damaged by its own waste products returning to poison it. It should be without sand or sediment on cooling, it should stand uniformly at a density of 1·010 to 1·015,⁵ and should flow freely at the rate of from $3\frac{1}{2}$ to $4\frac{1}{2}$ pints in twenty-four hours. The skin should be moist and soft, the bowels act comfortably once a

⁵ A wise move would be to procure a Urinometer (Army and Navy Stores, price 3s. 6d.), with case and jar complete. It is fragile but easily managed, and is very useful. Pure water stands at 1·000, but as there is little space on the indicator, this is represented by 0—10, 15, 20, &c., &c., follow. The best urine to take as a test for the specific gravity, is that which doctors call “the water of the blood ;” that is, the first you pass in the morning before drinking your hot water, and before taking food. Dr. Salisbury considers that this washing down and cleansing process requires at least a six months’ course of hot water ; but I know also that he considers it wise to continue the morning and night pints to your life’s end, were it only to wash out the continually forming mucus from the stomach, &c., and keep the whole inside sweet and clean.

day, the appetite for meat be good, with no hankerings after forbidden food. Then you may be well assured that all is going on favourably within you ; “ digestion and assimilation are so far improved that blood is made faster than it is used up, and repair of tissue is going on.” Recovery has fairly begun, and if you are careful of yourself and kindly taken care of by others, so as to avoid all untoward accidents, you will win the day and go smoothly on from good to better, until health crowns their endeavours and your perseverance. It is not—such a change and building up as this—cannot be done impetuously. Nature works without haste but without pause, slowly but surely ; and the Salisbury Treatment is essentially one that closely follows the calm, unhurried course indicated by Nature herself. To quote Dr. Salisbury again, “ When you have cleansed out the system and purified the blood, keep them so, and hope all things. There should be no hurry. Calm, passive following out of all instructions to the letter, will insure

the life and health of the patient, if, with soul and body enlisted in the good cause, he treads this straight and narrow way." This is, indeed, a grand adaptation of the Co-operative System, and you will find it to be so more and more as body and soul associated, reap the reward.

And what is meant by "following out all instructions," is mainly this—to take your hot water regularly, as directed, and to feed upon the food least liable to cause fermentation, the muscle-pulp of lean beef. Take *nothing else* whatever, except an occasional change to broiled mutton.

And now having so honestly laid before you the least alluring side of the Salisbury Treatment, it is but fair that I should be allowed to throw into the bargain, into the scale with Health, this fact, which will surely be a compensatory reflection, and make up to you somewhat for all the persevering self-denial you are exercising. The Salisbury Treatment (the hot water and minced beef diet combined) is a great

beautifier and rejuvenator of the complexion. After just the first pulling down, as pure rich blood is made, and repair of tissue advances, the skin will gradually become smooth and clear, wrinkles and lines will disappear, the eyes grow bright, your cheeks will take on the hue and contour of health, and you will look prettier and younger, and *feel* younger too, than you have done for many a year. This, also, I can promise you from a tolerably large experience.

I have briefly given the rationale of the hot water; I shall now proceed to show the reasons for the second part of the Treatment—the minced beef diet. But, for the better understanding of it, I must preface my explanation by a few words on the cause of disease; for to expect to cure illness, while entirely ignorant of its cause, is to be indeed as one who leads a Forlorn Hope. Let us hear Dr. Salisbury himself on this important subject. “*Improper alimentation is the predisposing cause of*

disease. Alimentation may be classified under two heads—healthy and unhealthy alimentation. Healthy alimentation is the feeding upon those kinds of food which any given organism is designed to live upon, as indicated by the structure and functions of its digestive apparatus. Unhealthy alimentation is the feeding upon food which the digestive organs cannot readily and perfectly digest. What would be healthy alimentation for purely herbivorous and purely carnivorous animals, would be unhealthy alimentation for man, since he partakes structurally of both the herbivora and carnivora, and belongs to the omnivora. By structure, man is about two-thirds carnivorous and one-third herbivorous ;” to put it in another way, he is expected to be *judiciously* omnivorous. “As a general rule, we have twenty meat teeth and only twelve vegetable teeth, while four of these latter, the ‘wisdom teeth,’ are poor apologies as grinders. The stomach in man is a purely carnivorous organ, and is designed, both in structure

and function, for the digestion of lean meats. The small bowels . . . are herbivorous mainly, and are designed to digest vegetables, fats, and fruits. . . . Healthy alimentation would consist in a diet of about one part vegetables, fats, and fruits, to about two parts of lean meat (by bulk, not by weight). When food only is eaten that digests and assimilates well, there is no fermentation or flatulence in the digestive organs. . . . Healthy alimentation, or feeding upon such foods as the system can well digest and assimilate, is always promotive of health. Unhealthy alimentation always acts as a cause of disease. . . . This species of feeding overtaxes those portions of the alimentary canal designed for digesting this particular character of aliment, and overtaxes them so far that the digestive process soon becomes imperfect, fermentation gradually supervenes . . . and palpable disease soon results."

I beg you to note the exceeding significance of all these words, as a guiding

light in our own hands. They show most clearly the enormous part that *DIET* plays in the health or sickness of each one of us ; and also to what a very great extent, and how easily serious illness, delicacy, and constant small upsets *are preventable* by practical attention to the plain rules of health, and it is everybody's imperative duty—yours and mine—to learn and to obey them. All illness that is not the result of infections, poisons, or accidents, takes its rise in the stomach,⁶ and from thence invariably attacks the weakest part.

“ The disease proceeds along the line of least resistance.” Nature's laws are unhasting, but remorseless and inexorable, and effect most surely follows cause. What and how you eat—your own actions therefore, determine unerringly, sooner or later, what you have of health or the reverse.

⁶ Not only *illness* ; imperfect digestion and mal-assimilation are often the unsuspected primary cause of many an ailment for which they scarcely get the credit they deserve : e.g. premature baldness, asthma, deafness, failure of sight, wens, warts, corns, bunions, &c.

Now the meaning of the minced beef diet is significantly this. It gives the very greatest nourishment along with the least possible strain and labour to the stomach. *Being already finely broken up*, and containing no useless fermentative or flatulent constituents, no hard, gristly, indigestible lumps, it is digested and assimilated with great ease and rapidity. It builds up healthy tissue and muscle to replace the degenerated tissue and diseased muscle, the outcome of long, unhealthy feeding, which this rigorous diet, in conjunction with the hot water, starves out, breaks down, and destroys. In the same way also and by the same process, the mince and hot water get rid quickly, and with absolute safety, of a very burdensome ailment—*superfluous fat*. This diet of lean meat also affords *rest* to those digestive organs (the alimentary canal, bowels, &c.), which have been long and greatly overfed and overtaxed, and gives time for the repair of the diseased, partially paralyzed states therein induced by fermentation

and the formation of yeast-plants (as in a vinegar barrel).

To sum up—the aim and object of this course of diet is to exclude entirely from the patient all foods, drinks, and medicines that tend in any degree to get the system, or any part of it, out of order; and to persistently starve out those tissues that, from being over and unhealthily fed, require starving until no shadow of the disease remains, and at the same time to healthfully feed those tissues that require nourishment, until the beautiful state of perfect equilibrium is again restored to the whole frame, which is always the issue and infallible sign of healthy alimentation. Feed healthily, and you will *look* like it.

Be careful to leave five hours between each meal, and never eat when hurried, worried, anxious, cross, or over-tired. Wait, rest, and grow calm; you will then digest your food comfortably and be the better for it. You should always make it *an invariable rule to rest tranquilly and*

thoroughly for at least half an hour before and after each meal: to rest as the man said he did in church, who "just laid his legs up comfortable, and thought o' nothin'." Rest, nowadays, is almost a lost art. The recent writer in the *Nineteenth Century*, who strongly advocated an occasional day in bed of rest and quiet, was a very sensible and a very wise man. Try for only half a day sometimes, for the sake of mind and body, even if you are comparatively young and strong.

If you have taken too much at one meal, don't miss the next, but make it a smaller one. Masticate thoroughly, especially when you come to take them again, vegetables and farinaceous foods. These latter absolutely demand *a very great amount* of mastication from every one, more so than animal food, even where, as in the case of meals and flours, they are already finely subdivided. This mastication is to ensure their thorough admixture with the saliva, which in vegetable foods is the first and a highly

important factor in the process of digestion. On animal food the saliva has no digestive effect, while vegetable foods are not digested by the gastric juice in the stomach as lean meats are.

It is unphilosophical and unsound advice—if I may be permitted the digression here—when “great authorities” advocate the use of farinaceous and vegetable foods as diet for the feeble and aged. For besides that these slops and messes are uninviting and unpalatable to many, they are mostly very hard to digest, and are not nearly, bulk for bulk, so nourishing and so sustaining as lean beef finely minced and tastily cooked; they also require far more mastication from teeth that are absent—or, like some of us, have seen better days.

Will the feeble and aged please to accept a little kindly hint from me here, and, wisely sticking chiefly to their animal food, have their meat, poultry, game, &c., always finely minced for them every day before cooking. I promise them that in

eating a good deal more of this nice mince than of other foods, they will derive the maximum of nourishment and comfort with the minimum of effort to the enfeebled digestive organs; and will thereby ensure for themselves a longer life, sweeter sleep, and a brighter time all round in this pleasant world, for taking Nature's hint in the decay of their teeth, that the stomach also is less strong for its work and would be grateful for a little friendly extraneous assistance.

To return :—Drop, as a rule, from the first all stimulants; you do not really need them, they will do you much greater harm than good. They should never be taken but in *very special* cases, and then only under the wisest, most cautious guidance. As those, however, who *perceive* the very grave responsibility they incur in advising their use are rarer than a white blackbird, it is better and safer to leave stimulants alone. Wholesome nourishing food will soon supply all

the *real* support you need, without the exhausting re-action which follows the temporary excitement and fictitious strength produced by alcohol. A very *Will-o'-the-wisp* it is.

To drink *with* food is a *pernicious habit*, tending to indigestion, the formation of adipose tissue, and general flabbiness, and is quite unnecessary; but if liquid is taken, the quantity should never exceed six ounces, a small cupful, since it dilutes and weakens the gastric juice, making digestion slow and difficult. You will find that having quenched your thirst an hour beforehand you do not require any liquid at meal-time; but if you must drink then, take and sip while hot, a cup of good meat soup, or—if your nerves can with perfect safety stand them—but *be quite sure they can*—a small cup of weak black coffee, or weak clear tea, that is without milk and sugar. Always avoid these last two items, as fermentative, flatulent, and difficult of digestion.

If, however, your nerves interfere with

tea and coffee—as in neuralgia, gout, rheumatism, and all nervous illness may well be the case—it is far wiser and safer to drop them altogether *for a time*, till you are well and strong again in fact, and to take instead Crust Coffee—made thus in America. Bake in the oven to a very dark brown some thin slices of good stale bread. Roll or pound them fine, and keep in a well-corked wide-mouthed bottle or a tin. While a breakfast-cupful of water is actually boiling, put into the little saucepan a tablespoonful of baked crumbs (crust coffee); let it stand a few minutes, then pour into your cup through a strainer and sip while hot. This is really “grateful and comforting,” and far nicer than the flat, often sour, and often smoked mess called “toast water,” and is easily made fresh each time. With a little complaisant imagination you can make believe that it is *café noir*, and it is really very pleasant as a substitute for afternoon tea, and is warranted never to upset your nerves!

Be careful that you never, whether well or ill, allow yourself to swallow any hard lumps of meat, or gristly bits; *put them out*, they cannot digest and assimilate, and *are bound* to do you harm.

On commencing the Treatment, do not, for every little pain you may have, and which could quite naturally be explained, blame the hot water and stop it, as I have known some impatient people do; do not, as I have known others do, lay the unpleasant results of indiscretions in diet to the score of the hot water, dropping *it* instead of the indiscretions, to your inestimable loss; for without the hot water you may be tolerably sure you would have suffered a good deal more than you did for your imprudence. Do not, because the treatment does not cure you in a week, turn from it with railing and bad language. You who have been patiently swallowing harmful drugs for many years, may surely hold on patiently a little longer, while the diet and hot water, hand in hand with Nature, are silently but steadily accomplishing the

purifying and repairing work within you. A lady from America, who has had great experience in witnessing the success of the Salisbury System, wrote to me lately these excellent words, which may be useful here. "Some people are so inconsistent about improvement and recovery. They do not take into consideration the probable years they were in getting sick, and the dilapidated condition of their system when they commenced the Treatment. And this diet must be a slow process to recovery, because it begins from the very foundation and *builds up*. But when the patient gets well again he is really better than he was in the beginning, having more healthy flesh and having acquired an appetite for substantial food." *Above all, do not lose heart*; the way you may have to retrace is long and toilful, I know; the crawl uphill again is not so fast as the run downhill was; but progress, if you persevere faithfully, will be sure and steady; and health—earth's best blessing—will be your great reward.

If you ask me how long the Treatment should continue, I reply that, in the absence of more definite guidance, the exigencies of your own state of health must decide that question. If, at the end, say of two, three, four, or more months, you find yourself quite free from pain, with digestion good, appetite hearty for the meat which you eat with enjoyment, if your flesh is firm and healthy, your sleep sound as a kitten's, if you are bright and cheery, feeling well, with the urine pale, clear and inodorous, standing for some weeks unvaryingly at 1·015, and all other matters going on smoothly and pointing healthwards, then I know Dr. Salisbury would readily allow you to introduce other foods, carefully and gradually, into your diet.

Always on the clear understanding, however, that lean beef, broiled, roasted, or minced will continue to be the chief feature in your *menus*—your *pièce de résistance*. You could then bring in as adjuncts or side-dishes, mutton, lamb,

winged game, especially the darker sorts, poultry, fish, a soft-boiled fresh egg, baked potato, well-boiled rice, bread stale,⁷ or roasted crisp in the oven, and such like. But always continue, even when quite off the sick-list, to eat relatively two mouthfuls of meat to one of the other kinds of food, and, as a general rule, avoid boils, stews, *and fries*. *Watch yourself* extremely carefully when you arrive at making the change from the strict diet, and should there be a return of pain or of any unfavourable symptom, come right down at once to the muscle-pulp of beef again for a time ; and afterwards you can gradually and tentatively recommence the other foods in moderation. Some alert and intelligent observation on your part now will not be thrown away, believe me. You may sometimes have a small bit of cheese, stewed prunes, or other compote, and fresh fruit as a relish, but not as a food ; sweets must be used in

⁷ If you have an enemy, keep the new loaf for *him*. Never touch it yourself. Dynamite is a joke to it, and it transcends putty.

great moderation, and fruit should be eaten only after the first two meals, never at night. Dr. Salisbury allows one good cigar (or pipe ?) for a man where it agrees, after each meal ; and I think he allows ladies who are used to it and like it, on the same conditions, when well, one mild cigarette.

I have one last word to add to the Sick, then I bid them farewell and *better* than well ; God speed their cure !

It is a message of cheer and good hope, and is in Dr. Salisbury's own words, and I transcribe it with great pleasure.

“ If we have the knowledge and disposition to reform and to remove these causes [of disease], and we go into the good work with our whole hearts, eating and drinking as we should, *repair—even to perfect health—becomes a certainty.*”

HAVING hitherto addressed myself to the Sick, I have now a little word to say to the "Seedy," after which I shall add a few words to those happy beings—none too many—who are able to write themselves down as "Well."

Dr. Salisbury, in his book to which I have been so deeply indebted through all this pamphlet, says, "The first and most important knowledge of which a physician should possess himself, is a thorough and detailed understanding of all the appearances, symptoms, and conditions of the body which constitute a perfect state of health. Without this he is unable to determine, locate, and measure the derangements which constitute disease. . . . He should be quick to recognize the first departure of the system from normal conditions, as indicated by slight but unmistakable changes in blood, urine, stools, and secretions. . . . He should not content himself with the recognition of established disease in its

earlier forms, but should detect it, so to say, in embryo." I venture to think that this utterance of Dr. Salisbury's applies in a modified form to each one of us, for what could be wiser than to endeavour to acquire some knowledge of the physiological appearances and signs which determine a perfectly healthy state, so that we may be able quickly and even at its very source to detect the first symptoms inconsistent with that state? For instance, when you find your water begin to be *high-coloured*, scanty, having an unpleasant odour, depositing a sediment or sand on cooling, and in density keeping continuously over 1.015, then take your hot water at once—and see to your diet.

Again, if the motions are constantly too frequent, liquid, frothy and yeasty, are offensive, expelled with wind and colic, are too pale or parti-coloured, instead of being evenly of a darkish brown as in health; or if, on the other hand, they are continuously dry, hard, causing a feeling of weight and oppression, are difficult—per-

haps painful—to pass, you are not in a perfectly sound state of health. See to your diet and take your hot water. If you become habitually wakeful and restless at nights, disturbed when asleep, dream evil dreams, if you arise in the morning heavy, unrefreshed, perturbed, and causelessly anxious and uneasy, with a “nasty taste” in your mouth, headachy, with weariness in your limbs, if you are unaccountably irritable in your temper, gloomy or depressed in spirits from no tangible cause; if you become subject to chills, constantly have cold hands and feet, have little or no enjoyment in your meals, lose flesh suddenly, begin to be conscious of discomfort, distension, heartburn, or actual pain after food; many, or some only, of these sensations combined, *continuously experienced*, you may take as pretty conclusive proof that all is not well with you, that your health is on the break and wants immediate and careful looking to. Then begin seriously to consider your ways. Do not knock under at once and say it is “God’s

will " that you should suffer, or, " that you must be ill some time," and so be content to sink down into mental and bodily invalidism without a brave struggle against it, calling it Resignation, an easy and self-indulgent vice in many cases, and thus allow yourself to become a horrible nuisance to yourself and all around you. Energetically set about searching for the *cause* which produced the bad effect. Fight hard for health : it is worth a hard fight. Go back in your mind minutely over your recent diet, especially in reference to the proportion of fermentable foods, drinks, sweets, &c., ponder over all you have eaten and done, and amend your ways. Pull up, as it is called, in time, and take a course of hot water in earnest, correcting your diet the while. Do not despise the symptoms, because they are what you call "slight."⁸ Be

⁸ If I could but have read the meaning of these slight but significant first signs, ten years ago. Ah ! what long anguish I should have been spared, what heavy expense, and all the humiliations and inconveniences of abject helplessness.

thankful that they still are so, for they will be the more quickly and easily cured ; and many a grave illness is turned aside by the recognition in good time of those “slight” symptoms which mean so much, being the outward and warning signs of an inward deranged condition. They show distinctly that the human machine is not being kept in good running order. “Digestion and assimilation are very poor, and consequently blood and tissue are not made fast enough to keep pace with decay and disintegration.” Take warning then and preventive measures in time, so as to get back as fast as possible to that blessed state of absolute unconsciousness of our body which we call Health. A little careful watching of the water you pass daily, especially in regard to colour, will teach you much that is valuable in the regulation of your diet and the conservation of your general well-being, and is quite worth the slight trouble, since prevention is always easier and cheaper than cure.

When I say, “See to your diet,” I mean

this exactly, for there must be no vagueness here. That if you are beginning to be really ill, you could not do better than, nor anyway half so well as to come straight on to the *strict* Salisbury Treatment at once, without delay till you have quite recovered. Stop the cause, which is the fermenting foods, drinks, &c., far too excessively and far too long indulged in.

If you are only beginning to be "scedy" and out of sorts, greatly reduce the vegetable and farinaceous part of your alimentation, taking, say, three or four mouthfuls at each meal of beef or mutton, broiled or roasted (and lamb, game, fish, &c., on the same terms) to one of bread, vegetables, or pudding, of course avoiding pastry and rich greasy dishes and sauces, as well as fermentable drinks; and always making your last meal at night an almost exclusively meat one, if not quite so, which would be wiser still.

Pray do not, if you begin to feel ailing, fly to drugs, tonics, "pick-me-ups," which


can only make you worse, aggravating the evil and enfeebling the whole system.⁹ Almost all medicines are in themselves very indigestible and cruelly exercise the unfortunate stomach already unable to deal comfortably with even good nourishing alimentation. As to tonics—my sad experience of them is this: as is the spur to a jaded horse, so is a tonic to a delicate constitution, or in a weakened state of the nerves and health. It makes you *do all you can*, but is unable to put any *real strength* into you, while “taking it out of you” to the utmost. The safest time, I should say, to take alcohol (“pick-me-ups”), drugs, tonics, and similar abominations, if you must have them, is when you are quite well, robust, and strong, and *able to bear* being upset and knocked over; but even

⁹ I do not mean to say that drugs are never useful, but that it is far wiser and safer to trust alone to diet, hot water, and Nature, when we have to do with doctors who order medicines in the airy, affluent, and irresponsible fashion of which I, and very many others who have written to me on the subject, have been the victims.

then, be careful. Dr. Salisbury says in this connection, "Medicines alone will not cure disease. They are merely aids to the restoration of healthy states, after the cause or the unhealthy alimentation is removed." "Remember that the medicines cure nothing, they simply aid in keeping the machine in good running order, while rigid and careful alimentation is effecting the cure; an alimentation freed as much as possible from all elements which tend to form connective tissue and fat, or to paralyze the parts." "The medicines to be used are simply such as are necessary to aid digestion and assimilation, and to keep the bowels open once a day."

How happy are the healthy! There are two little words that for many years past have seemed to me to embody in their meaning and associations all the music of the spheres. These words are *Health* and *Work*. Ah, and if you add *Youth* too, you indeed strike a chord that vibrates into space, charming the ears and warming the

heart of those who hear it. All earth's fairest happiness crowns the possessor of these priceless blessings, Health, Work, Youth! and he is (or ought to be) as a King in his own right.

N you who are Well, I urge emphatically do all you can to keep so; take your hot water daily, in the way already stated, and for the reasons minutely given. If business hours will not allow of the full four doses a day, you can always manage the morning and night pints, and these are the most valuable. Do not neglect this if you care to preserve your health to "a good old age." When you foresee the probability of getting home late, after one of those days of hard work, worry, scrimmage, and pressure, now so common, order—especially if you are not so young as you have been—for your dinner before-

hand, at least for the meat part of it, not a *joint* after your fish, but a good big dish of Scotch minced collops, dressed alluringly, as in the recipes given below, any one of which is, in itself, a “dainty dish” and fit for a king.

Scotch Minced Collops, No. 1.—Put one pound minced beef (raw) in a stewpan with a little cold water, or better still, cold stock well skimmed, and one onion cut small, black pepper and salt. Stir with a wooden spoon till thoroughly smooth and hot. Then add not quite as much water or stock as will cover the meat and stew very gently for one hour. To thicken the mince one tablespoonful of ketchup, one ditto Harvey’s sauce, one ditto flour, mix with a little cold water, and add to the mince a quarter of an hour before serving. Garnish with triangles of bread roasted crisp in the oven. N.B.—In all cases where formerly toast was employed, it is best to use thin sliced bread baked quite crisp but not too hard in the oven, for pea-soup, sippits, eating with butter, and so on. I have observed about toast, that what I swallowed as good flexible leather, by some unholy hocus-pocus of the digestive organs became transmuted inside me into sponge, with almost limitless powers of expansion. This recipe for roasted or *biscuit-bread*, which is my own proud invention, is a great success and very popular; many of my “patients” telling me they find it so wholesome and nice, that they will not eat toast again.

Minced Collops, No. 2.—When wanted in a hurry. Prepare a little browning of cut-up onion fried lightly in butter in your saucepan ; add the raw minced beef previously thoroughly mixed with a little stock, and keep stirring with a wooden spoon. Add more stock or gravy made from the skins, gristle and waste bits of the beef, and cook, stirring constantly for twelve minutes. Black pepper and salt to taste. Either of these recipes is nice as a curry for a change, and the curry, or collops, as it is not for a sick person, may be made from cold meat, beef or mutton. A very nice, tasty dish and digestible, is made by adding nearly a third of bread soaked in boiling milk or stock, mixed smoothly with the mince, flavoured with pepper, salt, and whatever else you like, made into cakes about an inch thick, brushed over with beaten-up white of egg, and grilled very thoroughly over a clear brisk fire. One more recipe—and this makes a nice change for the sick as well as for the healthy. Cut the meat about an inch thick, and grill on both sides lightly, over a hot clear fire ; not to *cook*, but only to give a nice *taste of the fire*. Then cut in strips, pass it once or twice through the machine, and cook—if for an invalid—as on page 18.

Make your last meal at night chiefly of this, excluding fermenting foods and drinks as far as possible, so that there may be no disturbing element to interfere with your night's rest and quiet sleep. This light but substantial supper will produce in

you a post-prandial feeling of buoyancy and cheerfulness, instead of the depression and irritability that often result from a *solid* meat meal taken when the stomach is already largely sharing the exhaustion and strain of the body. Attention to this little hint will greatly ease your burden, promote undisturbed sleep, tend to prolong life, save you from headaches, indigestion and *malaise*, and make you feel happy, cheerful, and benevolent, by the comfort it will give you. All this will be reflected in the happy faces of those about you, especially of your womenkind, and guarantee to your family (including the baby, the dog, and the cat) a good time all round. The same dietetic suggestion applies to animal food eaten in haste before starting on a journey—*mince it*. Many a sudden death is caused—as disclosed by the post-mortem—by hurrying, while the stomach is full of half-masticated, undigested, indigestible matter. Help it and yourself then, on these trying occasions, by sending down food already finely broken

up. No man's soul and heart are quite in the right place, nor can he be reported safe and sound in health—whose stomach is overloaded and overworked.

“Man lives by what he *digests*—not by what he eats.”

“Diseases enter at the mouth.”—*Japanese Proverb.*

“The keys of life and death are in the stomach.”
—*The Rev. Ward Beecher.*

When you have passed the prime of life, it is much safer to let your train or 'bus go on without you, than to run the risk of hurrying to catch it; for by running you increase the strain and labour of the heart at the same time that you depress its power by anxiety and apprehension.

I may add that I have received several kind letters from hard-pressed, busy men in London and elsewhere, thanking me for the suggestion of the minced collops and saying “what a good friend” it proves to them two or three times a week when they get home late, “body and brain quite tired out,” Nor do they neglect

their morning and night pints of hot water, I am glad to say. You who are well, can do a great deal towards preserving your health, without the expense and risk of doctors, by carefully and intelligently watching the appearance of the water you pass. It should be, as we have seen, quite clear, and pale in colour, "like a new-born infant's;"—and in quantity from two to two and a half quarts a day.

I hope you have remarked what has been said in this little book concerning the two-thirds diet, as being calculated to keep well those who are so blest as already to possess their soul and body in health. A thoroughly healthy man or woman, one never having "anything the matter" with him or her, is in my experience somewhat phenomenal now-a-days; even quite young people complaining of indigestion, neuralgia, and other ailments, of which I at their age, in the brave days of long ago, did not even know the *meaning*.

For your help in this important matter, health—I wind up what I had to say to you in Dr. Salisbury's words—"Nature gives us plain indications for our guidance in our natural structure—as fully stated elsewhere. We have twenty meat-teeth and only twelve vegetable-teeth, and the stomach (the first and largest organ of the digestive apparatus), digests nothing but lean meats, while the small bowels . . . digest vegetable foods and fats. We are thus about two-thirds carnivorous and one-third herbivorous, and if we live according to this structure—other conditions being favourable—there need be but little danger of our ever getting out of order." Guard well then your best, your most precious possession, since the keeping of it is in your own hands. The hot water alone, even without the diet added, is the grand safeguard of those compelled to lead a sedentary life through the want of time and opportunity or the physical inability to take exercise. Let the sedentary make a note of this, for should they be able only

to take even the morning and night pints regularly, they will very greatly benefit themselves by so doing.

And in this place let me say that I do not think it possible for a faithful hot water drinker to become a voluntary suicide. The gloom and wretchedness that give birth to that sad, unreasonable deed—"cet acte désespéré conçu par la raison, mais exécuté par la folie"—are in a great measure caused by the retention in the system of effete matter absolutely requiring to be expelled; the product of undigested, unassimilable food, which the clogged system is not able to deal with. Thoroughly flush the obstructed economy with the hot water taken regularly, throw and keep "the communications" freely open daily and feed healthily. You will soon again find life well worth living and that your own part in it is not so unsatisfactory and disappointing as you perhaps imagined.

"Beware of desperate steps, the longest, darkest day—
Live till to-morrow—will have passed away."

It would be well, too, if coroners' juries could be induced to return a common-sense verdict of unsound health, instead of the hackneyed one of unsound mind, in most of these cases. They would be speaking the truth, which in itself is not a disadvantage, and at the same time would read a necessary and valuable lesson to us who remain, to look sharp after the small first signs of a breakdown in health. For when the body is not in perfect health, it causes a state of mental and moral uneasiness (often inducing cantankerousness) very hard to bear. And many wretched, implacable quarrels, terrifying presentiments of disaster, melancholy and gloomy sensations, are due solely to indigestible food pressing somewhere or other or to a stopped-up duct, which the diet and hot water would soon set right.

The hot water is also a certain cure for dipsomania. It eradicates the weary craving for drink, the over-mastering passion for stimulant, and, in regulating the digestion and quenching thirst healthily

and naturally, it drives out the disastrous hankering after liquor. This means has again and again been tried and found effectual. Even habitual drunkards have come at length to prefer the hot water to "drink."

And now I must be permitted to speak a little word to the hilarious and jocular, the facile jeerers, who, being of a certain calibre of intellect and a deplorable amount of prejudice, are much given to airing what they are pleased to consider their "wit" in the matter of the hot water and minced beef diet, on the scientific motive of which, and qualifications for prevention and cure, they are *profoundly ignorant*. Implying that it is a quack remedy, they style it a "universal" one, and with would-be meaning smiles and nodding of the head, declare it, with withering sarcasm, to be "INFALLIBLE." Well, I accept the challenge, and I too declare Dr. Salisbury's system, to the utmost limits of such meanings, to be a "universal" remedy and an "infallible"

cure in whatever stages and under whatsoever conditions remedy and cure are still possible. I go further—I pronounce Dr. Salisbury's system, thoroughly and honestly carried out, to be the grand *preventive* of disease; creating such healthy conditions as render disease well-nigh impossible, and that, I take it, is even better than cure.

These are strong words, but not stronger than the well-grounded faith that I hold, warrants—not stronger than the experience, and plentiful proofs I have had, justify. And if any one will consent to use his common sense and judgment and forego his “wit,” looking calmly and judicially at the question, he cannot fail to see that this whole line of treatment is but a demonstration of the inexorable doctrine of Cause and Effect.

If there is some “good joke” here concealed, I regret my density, while frankly admitting my utter inability to appreciate—or even to see—it. Do not, I beseech of you, allow yourself to be laughed out of

what is of such vital importance to your whole life's well-being.

To laugh is *so easy*, any one can do it, even an idiot, and yet the laugh is not exactly to the "witty" but to him "who wins," and I, for one, will never grudge *him* his happy laughter.¹

When the strong are "out of sorts," and the sick are feeling more achy and feeble than usual, friends look kindly on, and sympathetically observe—often in good faith—"It is this wretched weather," or "It is this odious climate." Don't you allow yourself to be gulled by that. Except in peculiar cases, weather and climate have very little directly to do with it; but *errors in diet* have a great deal. Bravely and honestly face the fact, for please let me say that, generally speaking, we carry our own climate and weather within us, not without; and in feeding properly will become hardy and grow indifferent

¹ The above does not in any way apply to good-humoured banter, which is always pleasant and amusing.

to both. And this is "a merciful dispensation of Providence," or of Nature—since the remedy is thus not beyond our reach, but actually in our own hands.²

² I do not say climate and weather work you no harm once you *are* or *are getting* ill. But it is not in the power of the most malevolent east wind, or of damp, or cold ; it is not in the power of grief, anxiety, or worry, nor of all of them leagued together, *to make* you ill. They cannot produce, let us say, gout or rheumatism. They can but induce conditions adverse to the expulsion of the uric acid, engendered by the unhealthy alimentation which is at the root of these illnesses. The camel's back, they tell us, is broken by the last straw. But "they" talk "bosh." It is what *lies under* the straw that causes the real breakdown of camel and health. The grief, the worry, the unfavourable weather and ungenial climate, they are the last straw under which, but for what has gone before, namely, unhealthy alimentation, you could have borne up bravely. No one has any right to die—bar accidents, before old age ; and every one who does is either a suicide, involuntary mostly, or has been murdered by somebody's bungling. See all the sad early deaths in the obituaries ; think over your own friends, young and in life's prime, alas !

"Whose part in all the pomp that fills
The circuit of the summer hills
—— is that their grave is green."

A great deal of nonsense is also talked when invalids, especially great invalids, and with restricted means to boot, are induced to leave their comfortable homes and betake themselves to German and other Baths (where they are sometimes—as I was—terribly forlorn); often to their sore disheartenment, well-nigh despair, when they find they come back worse than they went. The chief good, I take it, of these watering-places mainly consists in this: That people who are fairly well—well enough to have been over-eating themselves, and indulging amongst other things in richly cooked, highly spiced dishes, heated atmospheres, late hours, and generally detrimental habits (in the background I am thinking, also, of those who have added the strain of overwork to neglect of other rules of health)—are put at once on a plain, wholesome *régime*, undergo a good scouring out by a course of daily internal baths, drinking many tumblers of water with a fine-sounding name (“What’s in a name?”), either hot or cold,

but generally at a high natural temperature. They are made to rise and retire early, to take plenty of active out-door exercise, many external baths, which open the pores of the skin and give egress to much impure matter consequent on a long spell of improper feeding. They almost live in the open air, and altogether experience a thorough *change* in mode of life, habits, diet, hours, skies, and language; and are thereby largely helped to repair the damage done to their constitutions. No wonder that they return home considerably lighter in heart, weight—and pocket, jubilant and elated, each one swearing by his own particular “cure.” The great benefit to be derived from change of air, especially to a purer air—ways, food, people, skies, &c.—is by no means to be undervalued, but, in nine cases out of ten, people’s best and cheapest baths—namely, internal ones—were singing cheerily away in the kettle on their own kitchen hob, had they but known it; and if they had sipped their hot water at home, used a little self-restraint

in the matter of diet, and lived at all rationally, they could have taken their "change" for pleasure instead of for health, and might have wandered at their own sweet will all over the world, instead of being "ordered" to some special health resort.

To return to climate; to the sick, I would say, as Dr. Salisbury said to me, "Live where you feel happiest and most comfortable, only let it be where you will have your hot water regularly, and can get really *good beef* for your mince."³ With this proviso, go or stay where you yourself like best to be."

Try hard to avoid all *fatigue*, whether from too kind, inconsiderate visitors (a prolific source of exhaustion and over-fatigue), exercise, work, amusement, or any other

³ I did not feel the full wisdom of this advice until I lived abroad, and there daily demolished what was called beef; but was just good honest *blanket*: tough, tasteless, and woolly as a sheep's back. It was skillfully cooked, I admit; but, for the Salisbury patient—the Roast Beef of Old England!

cause, and everybody should always work, exercise, and play *up to their weakest point, not to their strongest*. As far as is possible, take anxiety and worry quietly; to do otherwise can only knock you over, and will cruelly undo in a few days the good you have been slowly and toilfully gaining in many months.

The hot water will help you well here, for it soothes the nerves and strengthens the mind; so that cares and anxieties, which would have assumed exaggerated proportions and crushed you formerly, now sit far more lightly on your shoulders; you will find you have greater elasticity and courage to bear them, and can also *judge them more justly*.

And in this place, with all possible earnestness, I entreat and solemnly warn you, especially if you are ill or any way ailing, never to allow yourself to be ensnared by that calamitous blunder—that gigantic fallacy, *Vegetarianism*. Of all the gratuitous modes of flinging away precious

health and inducing illness, this is about the foremost for rashness and folly. I speak from experience, for, regarding it as the ideal, humane, and perfect diet, I anxiously desired to follow it always, and, to my life-long repentance, tried hard to do so six separate times, beginning more than eleven years ago. I carefully studied all its literature on which I could lay hands, I corresponded with and implicitly obeyed the guidance of some of its leaders, with this result—that twice I brought myself so near death's door that I heard the hinges creak, and still undaunted by that dire experience, tried it yet four times more, causing myself very serious illness. And but that I had, to begin with, an iron constitution, nay, an adamantine one, this wretched diet—unnourishing, because fermentative, flatulent, impossible of digestion and assimilation—would have had me long ago under instead of on the green earth. I never yet knew a vegetarian, and I have known many, possessed of much real stamina. He may keep well by dint of

hard labour, or brisk exercise and careful living all round for a while, even for a long while, I admit ; but when illness does overtake him, down he runs like a clock with a broken mainspring, and his resisting and rallying force, thanks to his unhealthy alimentation, is lamentably weak. It may be “economical,” as some count economy, penny-wise and pound-foolish ; but the bill is high in the end that we pay with doctor’s fees and lost health. A “navvy” or a coal-porter may stow away and be able to digest and work off the regulation amount of peas, beans, lentils, oatmeal, &c., &c., but for us more or less sedentary beings there are many far cheerfuller and more seducing ways of upsetting our stomachs, if we must do so, than Vegetarianism, and few—I speak feelingly—are more dangerous, chimerical, or so idiotic.

In considering diet, we must bear in mind that the nutritive value of a food must be counterbalanced by its digestibility. For instance, cheese as a force-giver possesses very high value, but its indigestibility

reduces its nutritive worth to a very low rate indeed. The same remark holds good in regard to beans, lentils, &c. May I add that before eating green peas you should always mash them slightly on your plate to flatten them, for if you do not do so, many will slip down whole, in which state, of course, they cannot be digested.

When you eat salad, which should not be too often, cut it up very small on your plate, and masticate it thoroughly; and never swallow the skins, stones, or seeds of fruits, they are all insoluble, alien, "inert" bodies—not foods.

It may help to make the hot water a more welcome doctrine to you who are fairly well, to know that you may now and then, with impunity, "go for" something you like very much, but which, unfortunately, does not like you. If you continue to wash out well with the hot water, an occasional treat will not much hurt you; but be sure always to take the antidote. Of the two great evils, eating too much

and eating too little, the first is on the whole decidedly the least, since Nature can throw off superfluous matter, especially with the help of the hot water, but she cannot create a supply of the necessary food.

I give my own experience in regard to leaving off medicines, as I devoutly hope it may prove useful and encouraging to others.

Though very ill indeed at the time, I entirely left them off eight years ago, with exceeding benefit to myself. The way it came about was this: one of my doctors, intending to dissuade me from passing on to another, since under himself I only grew worse, told me that his mother had been a confirmed invalid and had died comparatively young, "solely because she had plenty of money to muddle on doctors," and he added expansively that a great authority⁴ had said that "*Every dose of*

⁴ I read lately of another "great authority," who, on retiring from a large practice, gave as his reason, "I am tired of guessing."

medicine was simply an experiment."⁵ Like a flash my eyes were opened—the mystery was made plain.

An appalling vision rose up before me of the whole chemist's shop I had, by doctors' orders, so confidently and calamitously been swallowing in the last three years; and I no longer *wondered why* I had become so rapidly and desperately ill and dreadfully weak; when, at the commencement, I had suffered merely from rather bad indigestion, so easily curable by the hot water, had I but known of it then.

"Then," said I, "no one shall 'experiment' any further upon me, I have taken my last dose of medicine." I had rather a rough time of it with some, but I have held to my resolve—to *my infinite gain*.

In the early years of my illness, in my eagerness to get well again, I had over thirty-eight doctors of various nationali-

⁵ This candid dictum of Sir Wm. Jenner's, reminds me of Voltaire's Saying, that a Physician is a man who pours medicines of which he knows little, into a body of which he knows less.

ties, though chiefly English. After a long, long hiatus from the very hopelessness of finding any help among them all, by the greatest stroke of luck that ever befell me, I was told that Dr. Salisbury of New York City was in London. I will not speak of him, nor of the comfort, health, and happiness to which his treatment (the minced beef and hot water) has restored me, lest I be accused of enthusiasm—a grave reproach in this age. The other thirty-eight (among whom were five of the brightest medical luminaries in England) did for me, I imagine, their incompetent best, some with willing kindness which I still remember gratefully; the rest (whom I don't remember gratefully!) in a very apathetic, half-hearted way, discerning that the case was far beyond them. My slender purse became disquietingly empty, but I suppose money, like the watch in *Bombastes*, was “meant to go,” and that is not my complaint against them. It is this: that they gave me, till I rebelled and would have no more of it, day by day

strong, cruel medicines that still more reduced my feeble strength, destroyed my health, my power to digest, and my nerves, and enabled illness to obtain a mighty grasp upon my thus weakened constitution.⁶ They should have *known* how much worse than useless was this mode of treatment, and if they did *not* know, they were ill fitted for the high calling of Doctor. They bereft me of my health, and in so doing, took that which not enriched them, and left me poor indeed:

As to diet and its supreme and intimate relation to health and sickness, not one among them all had the faintest shadow of practical, available knowledge. "Keep up your diet," their stock phrase, meant, to my ignorant ears, exactly nothing; and when I anxiously pressed for its

⁶ I have kept some of the prescriptions still as curiosities which, if they were not so sad, would be really too funny. In their elaborate length are conglomerated together the most incongruous, not to say warring elements, whose battle-field, alas! was my luckless inside.

precise meaning as a rule that I might obey, I found to my disappointment that doctor and patient alike were floundering about in a quagmire of doubt and obscurity.

Although I had had a good deal to do with bringing on the first stage of my illness by overwork and culpable unacquaintance with the laws of hygiene and proper alimentation (for of all that concerned health I was, eleven years ago, "as ignorant as the brutes that perish," without their judgment and discretion), I yet showed one redeeming quality, had one wise instinct, and I tell it as earnest exhortation to all whom it may concern, that it is safer to bear ills of which you know the best and the worst, than to add others to them the future consequences of which you cannot foresee. My wise instinct was this, and it undoubtedly bore its part in finally simplifying my cure: I always firmly declined to allow hypodermic injections of morphia, or to take any anodynes whatever to soothe the excru-

ciating pain that I unceasingly suffered along with almost entire sleeplessness through many years. Doctor after doctor, in pressing them upon me, protested that till I had freedom from such great pain and some sleep, I need not hope to be better ; and finally they waxed extremely wroth with me, and said I was a most provoking and obstinate patient, which indeed was true enough.

But my refusal arose from the instinct that pain is a beneficent warning of danger, and that in silencing that monitor you lull the body and mind into a false ease and treacherous security. Anything radically *curative* I would so gladly have taken, but I despised and distrusted mere *palliatives*, and I knew how morphia in all its forms, and the other anodynes, upset one in various ways, complicating illness ; and that the very paralyzing the nerves and soothing the pain which were to bring me comfort and sleep, meant depressing my powers of resistance and endurance, and enfeebling my mind. And I knew besides, for I had

seen it, the iron grip which these counterfeit friends (opium, chloral, &c.) are apt to take of those who have come under their treacherous beneficence for relieving pain and obtaining sleep.

I often thought I must go *mad* from the terrible longing for sleep and the still more terrible want of it, from the anguish of pain from which there was *no* repose, from the shattered nerves, and the overwhelming of helplessness and misery. The very first night—years later—that I began my hot water, I got three blessed hours' sleep on end, and yet more sleep till morning. When I awoke I felt so happy I did not know myself. And thus we have gone steadily on, the Salisbury Treatment (minced beef and hot water), Nature, and I, contesting the lost ground inch by inch, until we have very nearly regained it all; and my condition to-day is healthier and sounder, my vitality stronger, and my sleep sweeter, than before I began sensibly to get ill at all, more than ten years ago. That is one reward for my

“obstinacy,” and the other I find in these words of George Eliot, “The highest calling and election is to *do without opium*, and live through all our pain with conscious clear-eyed endurance.” So I say earnestly to my brothers and sisters in pain, Don’t go in for “soothers,” “pain-killers,” laudanum, morphia, chloral, chlorodyne, or any such poisons. You may have fierce pain to bear, but under the Salisbury Treatment pain is from the first sensibly lessening and becoming more bearable, as I can truly testify, until it goes away entirely; and in bearing it by the mere force of your own pluck, at all events you are always assured lord and master of your own castle—your mind and body. Hold on then against all odds, and it will be the better for you, too, one day. N.B.—It is best to be explicit. The above does *not* apply in any way to anæsthetics or sedatives given for surgical operations, confinements, &c., or to bring tranquillity and relief at the last. These cases are totally different. My fight was

for life and health, not for ease or euthanasia.

Apropos—Dr. Salisbury, by prescribing a system of healthful diet for some months before a confinement, reduces that interesting event, even when a first one, to a very slight and brief affair—a signal advantage to mother and child, and the whole household.

Miss E. J. Whately, writing to the *Spectator* of August 19th, 1888, mentions that a member of her family was suffering severely, when on a sea voyage of some days' duration, from sea-sickness, and in hopes of finding relief took a cup of very hot water. "The result was immediately her falling into a quiet and refreshing sleep." Miss Whately here strikes a note in respect to the Salisbury System, that rings right truly. An American lady told me that for about a week before she started on her dreaded voyage to Europe, Dr. Salisbury limited her three meals daily almost entirely to broiled beef-steak, with the hot water at

the usual times. A little bread baked crisp was allowed with fresh butter, or some well-boiled rice, but no sweets, puddings, pies, fruit, &c. Not being able easily to get the hot water on board, she took a cup of weak clear tea with each meal of roasted or broiled beef for the first two days, and nothing else. After that she was able to eat royally at the four generous banquets per diem provided by the Company, and was, I believe, the only lady on board who stood to her guns—I mean her victuals—with a healthy hearty appetite to the end of a very rough voyage. The rest, who had fed *gorgeously* at first, dropped out of sight by twos and threes, and their place at table knew them no more. I can bear out this good testimony too, for never since I have been a Salisbury patient have I enacted the tragedy of Jonah's whale, which, in the old days of promiscuous feeding, was with me, on board a steamer with its various sounds and sights of woe, an assured catastrophe. The demon of sea-sickness passes

us Salisbury patients by, and takes itself off to disport in less healthy stomachs.

In treatment which deals so largely in Nature's generous gift to us of Water, it is of essential consequence that it should be pure and good.

If you are in a place where the water is in the least doubtful, or is hard, or is, as in Italy, Switzerland, and many parts of England (Dover, Margate, Dorking, &c.), full of chalk, then your only wise course is to send to the chemist for *distilled water*. He has always more on hand than he knows what to do with, and ought not to charge you much. (At Margate the chemist had the audacity to ask me three-pence a pint for distilled water; at *Territet-Montreux* I got it from the chemist for five centimes a litre, i.e. a large quart for one halfpenny.)

Distilled water is always far and away the best water to drink in health or sickness. It has very strong solvent properties, and acts powerfully on the earthy deposits and salts which are apt to accumulate in the

system, and lodge there to our woe and the shortening of our lives. It is also rapidly absorbed into the blood, and keeps the salts already there in solution, thus preventing their deposit, and also facilitating their excretion.

If you cannot procure distilled water, then I believe rain water is the next best, and by boiling it, its natural purity is much increased.

And now I shall endeavour to answer conclusively the objections often made to me in regard to the Salisbury Treatment. The first is, "I must stop my hot water, for my doctor says it will injure the coats of my stomach." "And does your doctor," I ask, "object on the same score to your taking your tea and coffee 'comfortably' hot?" "Oh dear, no, not at all." In reference to this embargo of the doctor's, please give due weight to this fact, that the hot water *is a remedy*, and one that *is in the patient's own hands*. I know *great numbers* of people who have braved all these forebodings, and have

found the hot water soothe and *strengthen* the “coats of their stomach” with the best results to their health. I can fully corroborate this testimony as regards my own “coats,” which were in such a feeble and irritable state before I began the Salisbury Treatment, that for very dread of the horrible pain I suffered for hours after eating, I had brought myself down to one meal a day—eaten in terror, and digested in torment. It is greatly to be regretted when we, whose closest interest it is faithfully and seriously to use what of common sense and power of thought Providence may have conferred upon us, hide them away in the napkin, and surrender our health—and *all that depends upon it*—blindly to the keeping of another.

The next objection often started is, “I can quite understand how the Salisbury treatment can cure indigestion, heartburn, dyspepsia, and such like, but I can’t understand how it should cure other and quite different illnesses, such as

consumption, tumours, rheumatism, &c., &c.”

But there is no real difficulty *if you once for all grasp the fact, that illness, however varied its forms, unless from poisons, infections, or accidents, is the consequence of unhealthy alimentation; and that the weakest part or organ in the individual constitution is the first to suffer.* Let us take a few examples and duly consider them, for the question is one of such great importance that it fairly claims our most thoughtful attention. And while briefly advancing these instances, let me ask you to bear well in mind, that for over thirty years Dr. Salisbury has combated these various forms of (some of them) generally supposed incurable disease successfully in all their stages and degrees, by treating them as varieties produced by one cause, that cause being unhealthy alimentation; and also that by exclusively adopting that species of alimentation which the system is not able readily to digest and appropriate, he watchfully pro-

duced in himself and his "boarders," as already mentioned, these very illnesses, and was able to *cure* them when they were well pronounced, and had assumed grave proportions, by systematically washing out the sour stomach and bowels, and changing the food to such as does not ferment and cause carbonic acid gas with the resulting disorders. Dr. Salisbury, with exceeding generosity, has given me largely direct help in these following instances.

1. *Bright's Disease* is fatty disease of the kidneys. Now it is not possible to have fatty disease of an organ until it becomes so paralyzed that it cannot take up the blood that goes to nourish it. In such cases Nature infiltrates fat in order to preserve the tissue and prolong life long enough to give us time to remove the cause and cure the disease. The cause of this paralysis of an organ (the kidneys we are now considering) is the constant and long-continued over-indulgence in vegetable, starchy, saccharine foods, drinks, and fruits, which induce fermentation in

the stomach and bowels, and keep them constantly filled with carbonic acid gas. The same foods also produce fat; hence in curing the disease we have to *stop* all the foods and drinks that ferment, form carbonic acid gas, paralyze, and produce fat which feeds the disease.

2. *Diabetes* is a disease of the lobules of the liver. This portion of the liver is that which makes animal sugar. When we feed too exclusively upon foods that produce sugar (which include vegetable foods, fruits, animal fats, connective tissue, gristly bits, and so on), this portion of the liver becomes over-active, and forms more sugar than the system requires, and thus incites the kidneys to work excessively in order to carry off this sugar, and this over-strain of the liver and kidneys causes diabetes. By *stopping* all foods that make animal sugar, we lessen the activity of these organs, in time gradually bring them back to their normal state, and are thus able to cure the disease.

3. *Consumption*, a disease arising from

continued unhealthy alimentation, is also to be cured only by removing the cause. This cause is fermenting food and the products of fermentation, sour yeast, carbonic acid gas, alcohol, and vinegar. Any food that ferments with the acid yeast in the small bowels may cause consumption of the lungs, and when in the large bowel, consumption of the bowels. To cure consumption we must *stop* the foods and drinks that ferment with the sour yeast, and these include all foods which ferment in a yeast pot or vinegar barrel; and feed up generously with the muscle pulp of lean beef, broiled or minced. The process is slow, as Nature's healing and repairing processes mostly are, but the cure is sure and certain, reaching even to those stages of this dreadful disease which have so long been deemed hopeless. The so-called *Microbe*, often advanced as the cause of consumption, is nothing but one phase in the development and metamorphosis of the various sour or acid yeasts. These vege-

tations, with the poisonous gases that are produced by their rapid development, cause both fibrous and tubercular consumption. And until the Microbe advocates learn and know what their "microbe" really is, *and how to produce and also how to starve it out*, they never will be able to cure consumption. (Dr. Salisbury's chapters on consumption in the work I have before alluded to, are of the highest value and importance.)

4. *Obesity* is a disease produced by over-feeding on the foods that make fat or adipose tissue. The cure is safe and simple. Stop those foods that make fat, and rigidly adhere, till the disease is cured, to lean meats, broiled or roasted,—beef, mutton, lamb, game, &c. (no great hardship!)

5. *Rheumatism* is caused by the too excessive feeding upon the foods that make acids. These acids, when absorbed to a certain extent, partially clot the blood, and make it ropy and stringy, so that when we expose ourselves to cold, the

fibrous tissue round the joints contracts, which narrows the blood vessels in those parts, and causes the ropy, stringy blood to hang in, and become dammed up around the joints, which condition causes rheumatic pains and excessive growth of joints. The cure is to stop all foods that produce acids by fermentation in the stomach and bowels, all starchy foods, and sugar therefore, and remove as much as possible the fibrous tissue and fats from the meat.

6. *Tumours*.—"All these fibrous growths and thickenings, and all excessive developments in connective tissue where such development does not normally belong, are the outcome of unhealthy alimentation." All tumours are developed in the fibrous, mucous, epithelial, and bony tissues; generally they are in the fibrous tissue. Any food that ferments in the stomach or in the vicinity of an organ forms carbonic acid gas excessively, which is absorbed by that organ so as to partially paralyze the blood vessels of the part, and a standstill

in the blood stream there is established ; so that there is over-nutrition of the parts under a state of partial death ; and thus there is excessive growth without pain. This process is one that makes tumours. To cure these tumours we have to *stop* all foods that ferment, and all foods that feed the fibrous tissue. Dr. Salisbury says of these diseases, as of cancerous growths, which are produced by the same cause, that “ extirpating a growth never removes the cause, and never results in a radical cure. The same wrong alimentation may develop still further and other growths. . . . We must reach the underlying cause before we can cure. We may relieve and seemingly cure without knowing or removing causes, but such relieving and curing is not permanent. We should remember that all these states and conditions *we bring upon ourselves, by something we are doing daily and persistently.* This wrongdoing must be *stopped* ; then we may use with advantage any means that will help to gradually bring back and establish

healthy states and habits in the diseased structure." Words of highest import. If we would only become thoroughly imbued with the spirit that pervades them, what a shield we should set up between ourselves and ill-health !

7. *Neuralgia* is simply pain in partially deadened nerves. This is partial paralysis, and most usually is produced by unhealthy alimentation ; although sometimes it may be either the result of an injury, or some growth pressing upon a nerve or nerves. Whatever the cause, that cause should, if possible, first be removed, and then in the second place we must restore the normal life to the affected parts by *correct feeding* (the meaning of which term you now well know), aided by massage, passive movements, hot baths, counter-irritants, &c., &c., to bring the nourishing blood and warmth back to the sick and weakened nerves. This disease, neuralgia, very readily yields to the correct treatment. Over-fatigue and general "run-down" make us an easy prey to this painful

ailment. Add *Rest* to the means of cure (the diet and hot water).

8. *Dropsy* is not in itself a disease, it is only a symptom of disease in very vital organs; and hence is not to be treated as a disease, but as a symptom merely. Dropsy in the extremities indicates disease of either the heart or kidneys, or both. Dropsy in the abdominal cavity indicates disease in the portal glands. The cause of the diseases that result in dropsy, is unhealthy alimentation. The fermentation processes, with the resultant gases and other products, are at the bottom of all these derangements. The same rigid diet and drinks are to be used in dropsy as in Tumours and Bright's Disease.

9. *Pleurisy* is either inflammatory or neuralgic. Both forms of the disease occur in persons who are more or less out of order from indigestion. The inflammatory type occurs in persons who are able to make plenty of blood, but whose digestive organs are filled to a greater or less extent with souring food. The acids

developed in the stomach and bowels are taken up and enter the blood stream, where they by little and little tend to make the blood ropy, stringy, and tough by partially clotting it. In this tough stringy condition of the blood, any exposure to cold, or to other causes that contract the glue or fibrous tissues, lessens the calibre of the blood vessels, and causes the blood to hang, or be impeded in its flow, resulting in a blockade and congestion of the parts affected, which is soon followed by inflammation. The great object in inflammatory diseases is to have the most perfect digestion and assimilation possible. The more perfect the digestion and assimilation, the more amenable to treatment are inflammatory diseases. In the neuralgic type of this disease—pleurisy—the gases developed from fermenting food in the stomach are absorbed with sufficient rapidity to partially paralyze the nerves about the heart, and often in other portions of the chest, producing partial death of the nerves in these parts. At a certain

stage in this paralysis the nerves begin to cry out in pain, to warn us of the approaching danger if we persist in eating fermenting foods.

In both these types of disease, fermenting food, and the products developed by the fermentations, are at the root of the trouble. The cure is to *stop* all fermenting food, wash out well with the hot, or comfortably warm water, and feed upon the nicest broiled or minced lean beef or mutton in quantities that we can well digest.

And finally, *Cancers are curable*, but they require such close attention, such careful watching, that the patient would have to be under the daily and most vigilant care of one who has had experience in handling the disease. There are so many little things to do in keeping the moral, mental, psychic, and physical conditions all in perfect balance, that the sufferer cannot go on safely and successfully alone, as he very often can, if he will, in other illnesses.

The diet has to be most rigid. The fibre has to be entirely eliminated from the lean meat, and this is a work which requires very great patience and unswerving desire to have the food just right.* The hot water comes in as a necessity, and all parts of the system must be kept in the most perfect order.

And now having gone carefully, though very concisely, over so many dissimilar diseases, and finding that they all *originate in unhealthy alimentation*, I trust that it is no longer a matter of wonder to you that the means of cure in dealing with the one producing cause should not greatly vary.⁷

Another objection all too often urged is, “I don’t *like* meat”—“I don’t *like* hot

⁷ I have been asked to add this short notice, which naturally does not belong here, on account of Dr. Salisbury’s few words about the diet and treatment: “*Typhoid Fever* is produced by an infectious vegetation that develops in decaying animal matters in confined places, such as sewers, water-closets, &c., &c. The treatment is by frequent baths inside and out, and a diet of lean meats, beef tea, and milk.”

water." This is simply childish, because when ill-health threatens or assails us, we may be certain that we have "liked," not wisely but too well, something or other that we had better have liked in more moderation. Let me ask you, "Do you like to be ill? Do you like your pain?" No? then of "two evils" choose the one that is not an evil, but a great good. I, too, in my day "*liked*" bread and butter, jam, cake, cheese, oatmeal porridge and milk, and puddings and fruit much better than meat, and fed principally upon them. But I have been taught in a hard, stern school to like only those foods that like me, and those are chiefly broiled and roasted beef and mutton—animal food, in fact. But the pleasant sensations of ease and comfort, the *glow* and the feeling of health, lightness, and *bien-être* generally (for want of an English word to express it) that I now experience after food, is far more than compensation for the old mixed fare. Meat often gets the credit—quite undeservedly—of making us "heavy,

sleepy, and dull," whereas it really is the "*bagging out*" of the fermenting and flatus-forming foods that gives rise to those unpleasant sensations, certainly not the meat.

And here I subjoin a significant *fact*, namely, that I could, were I so minded, reproduce my illness with all its accompanying horrors of pain, sleeplessness, and helplessness, and not be long about it either, for I know the road well,—simply by returning to my former unscientific and unsustaining alimentation, discontinuing my hot water, and eating between meals.⁸ And were I at the same time to resort to the genial assistance of Vegetarianism, and the kindly co-operation of medicines, then the rapidity of my relapse would only be rivalled by its stupendous folly.

⁸ To eat between meals, even only half a biscuit, means just to set the whole machinery in motion that ought to be absolutely at rest, so as to be able to do its work thoroughly and comfortably at your next meal. Do not, therefore, disturb this necessary, beneficent repose; for, late or early, you will be the sufferer if you continue to do so.

Here is another objection very frequently made, and I grieve to say that it is not only quite young people who deliver themselves of this very foolish and unconsidered utterance,—“Oh, I can’t be bothered attending to my health; wait till I’m ill; why should I trouble about it now?” I will venture to state the reasons why it were well to do so. First, because you are not the only person to be considered in the matter; secondly, because attention *to health* is voluntary, easy, cheap, and painless; while attention *to illness* is compulsory, painful, difficult, and dear in all ways; and by disregarding the care of your health, you recklessly lay upon your home-circle anxiety, fatigue, trouble, worry, and expense, become a bore to your friends, and anything but a source of enjoyment to yourself—unpleasant results that are so easily avoided by a little good sense, thought, and unselfish consideration for others at the right time. “Sickness,” truly says Emerson, “is a Cannibal that eats up all

the life and strength it can lay hold of.” It is absolutely selfish, heedless of what is good and great, afflicting the souls of others, and losing its own with meanness and mopings and ministration to its voracity for trifles. All successful men are Causationists; they believed that things went not by luck, but by law, and there is no *chance* in results. The first necessity is Health. “Get Health,” says Emerson; and I make bold to add, When got, *do your level best to keep it.*

I am often asked, “Why won’t cold water do as well as hot?” Because cold water is apt to produce weight and discomfort, colic and pain. Nor does it act on the liver and bile as hot water does. It depresses vitality, and detracts from the heat of the body in its endeavour {to raise the temperature of the water drunk to that of the blood, and this causes useless and even injurious expenditure of nerve-force. Cold water bathing,⁹ because of

⁹ A soap and hot water bath should be taken twice a week, for cleanliness, after which rub energetically

the drain on the nervous system, is also to be avoided; and likewise that insane practice of eating ices after a full meal, chilling the stomach, which only digests comfortably to its owner at a temperature of 100° Fahr. Ice is valuable as medicine, not as food. Cold or lukewarm water, taken internally, never produces that feeling of relief and comfort given by hot water, to which thousands of us can bear testimony. In cases of hemorrhage, however, the water should be taken about 98°, that is, at blood heat. In diarrhœa it sometimes does good to take it very hot indeed.

Again, some people justify their rejection of the Salisbury Treatment in illness, by saying a little sententiously, "Ah, I daresay the treatment did *you* good, but *my* case is quite different."

all over with a hard towel. Every night or morning sponge all over with warm water, in which put a tablespoonful of ammonia (liquid) to the quart of water. Rub well in, and dry vigorously with a hard rough towel.

First prove that your illness *in its origin* did differ from mine, and then please take as answer the last few pages on the various forms of disease, all arising *primarily from unhealthy alimentation*; and I think you will agree that, in this instance at least, what is sauce for the goose is sauce likewise for the gander.

It is often said to me in an airy offhand way, "I don't agree with Dr. Salisbury about the beef diet; *I think, or my theory is,*" &c., &c. But it is no case of opinion, or question of theory; it is *fact*, and fact of long-standing proof; and you may just as well disagree with those who have proved that there is no such thing as colour—the fact is there audaciously, irrepressibly, just the same as if we had never differed from its propounders. It is a way facts have of making themselves unpleasant.

People sometimes say to me, "But I am obliged to give the patient 'slops,' for he will not eat solid food." *Then give him minced beef as "sloppy" as he and you like.* Reduce it to pulp in the machine, mix it

very smooth and somewhat liquid with strong, well-skimmed, cold soup or beef-tea, cook carefully and slowly, stirring, and pressing all the time, and make it tasty with a little pepper and salt. You may conscientiously assure the patient that in taking this nourishing, sustaining, health-promoting food freely, his illness will be shorter and less severe than it could possibly be on farinaceous and starchy "slops," and his convalescence will advance as if to music. It will not be the weary fluctuating process that convalescence is apt to be upon fermentable, flatulent foods. Encourage him by telling him this, for it is true.

Vary his mince often, making him tempting little dishes, and add sometimes for a treat a little mutton, lamb, turkey, game or chicken to the beef, and invent a change of amusing names for his menu—anything to get him to take kindly to his minced beef at first; for soon he will very gladly take to it, as he feels the ever increasing strength and comfort it imparts.

I lately saw in a little book by a doctor, a very sick man's diet-sheet which has since haunted me like a nightmare. The illustrious Patient died on the 15th day of June last, and this was his day's nourishment on the 8th of that month.

"10 a.m." (It is not said if he fasted till then)
"Half a plateful of very thick porridge"
—which is slimy, sticky, flatulent, and needs a great deal of mastication (for insalivation) and of exercise to enable it to digest. "1 p.m."—only three hours after the porridge, which could hardly have been all disposed of—"Four eggs beaten up with wine"—Truly this was sorry nourishment and support for a sick man, though four eggs are heavy enough, however well beaten. "Dinner"—(the hour is not stated, but it must have been tolerably sharp upon the heels of the four eggs and wine at 1 p.m.)
"Dinner, purée of chicken with mashed potatoes." A barmecide feast indeed for him whose utmost strength and resisting force were desperately wanted. Of all the vain imaginings that have deluded humanity, this of potatoes being more digestible because they are mashed, is one of the most foolish. A hundred times better, if you will give the sick an injurious article of diet, is a *baked* potato. You can be sure—a point for invalids of great importance—that it is thoroughly cooked, which you

cannot be in the case of mashed potatoes, mashing being with many even good cooks considered equivalent to sufficient cooking. I have had repeated demonstration of this in severe indigestions therefrom. "In the afternoon a large piece of cream ice and three eggs"—making seven eggs in one day for a great invalid. Among the inscrutable dealings of man with man, this "cream ice" is surely one of the most bewildering and mysterious. The reason of it is far to seek; the effect of it is not hard to understand. "No supper," but "at 10 p.m."—when the patient should have had his last *meal* at least three and a half hours before, "at 10 p.m." he has "a large plateful of shaped boiled rice"—a fermentable, flatulent, starchy, compacted mass given to him whose stomach—worked so continuously, although immethodically, all day—ought then to have been clean, calm, and at perfect rest. *How could sleep be his?* "In the night, boiled rice, cocoa and eggs."—More boiled rice, more eggs; and cocoa, which is always somewhat heavy, even when prepared entirely with water. I could very soon *make* myself or another person ill upon such a diet.

Knowing from practical experience the supreme bearing of food on health *and on sickness*, the above is almost the saddest, most pathetic, record I have ever read. Tragic entirely :—otherwise ludicrous.

And, great heavens! this is Science. I have no hesitation in pronouncing it a futile, nay, a starvation diet.

It is sometimes rather triumphantly said to me that the Salisbury Treatment is "not scientific." On that point—particularly as no explanation is vouchsafed as to what precise meaning is attached to the word—I am too diffident to venture to pronounce an opinion. But I can confidently say for the Salisbury Treatment of illness, that if some narrow-groove men refuse to acknowledge it as scientific, it is notwithstanding thoroughly and unquestionably *efficacious*, and the sick, I imagine, find that to be perfectly conclusive and satisfactory. May I, with submission, remind my critics that in the world's progress what is Science to-day may not be so to-morrow, as much of what was Science yesterday has faded in the brighter sunlight of to-day?

In short, Science, only a hundred years ago, would incredulously have scoffed at, as a lunatic's dream, half the common ap-

pliances of our present daily life—not to mention how aghast she would have stood at the high perfection to which we have now attained, in the scientific adulteration of everything, especially food and clothing.

It is often said to me, “I am not ill, only seedy and ailing off and on (generally on); will the hot water *alone* do me good?” Be assured that it will. Can you thoughtfully read (pages 11—13) all the gracious services it renders, and doubt it? Just try it. Give a fair trial to a good pint, even only morning and night regularly, if it is not possible for you to take it at other times too, and you will not be long in answering your own question very satisfactorily.

Again, I am often asked, “What illnesses will the hot water *alone* cure?” To which I reply that to take only half a well-attested remedy in a case of *illness*, is to trifle with your health and affront your understanding. Dr. Salisbury says, “*The hot water should be taken as prescribed in every case of disease, and forms an inse-*

parable and valuable adjunct to this radical method of cure" [the broiled or minced beef diet].

Again, he says, "Healthy alimentation, or feeding upon such foods as the system can well digest and assimilate, is always promotive of health: unhealthy alimentation always acts as a cause of disease. *Special feeding*, indicated by the condition of the system, acts as a means of cure in all diseases arising from unhealthy feeding." These few words will show you then, that it is not wise in the case of "illness," to divorce the diet from the hot water, since, so to speak, they play into each other's hands, and genially work together for your good.

The following are some among the diseases which Dr. Salisbury has proved to arise in the beginning from unhealthy alimentation, and which are cured by his line of treatment. Consumption in all its phases, including chronic diarrhoea, dyspepsia in all its forms, rheumatism in all its varieties, neuralgia of all descriptions, diabetes, locomotor ataxy, ovarian

tumours, all fibrous tumours, including uterine fibroids, and cancerous growths. Many paralytic diseases, softening of the brain, most cases of insanity, many demented conditions, all forms of deafness, many diseases of the eye¹ and ear; all forms of gravel and stone, most kinds of asthma, all fatty diseases of the heart and other organs (except such as arise from injuries), anæmia in its various forms, most cases of prolapsus of the bowels and uterus, hypochondria, most cases of loss of voice, erysipelas, eczema, &c.

All these diseases, and many others, are simply the outcome of unhealthy alimentation, and by this, I repeat, is meant the too excessive and too long continued feeding upon starchy and saccharine foods and drinks, and fruits, so that digestion and

¹ I heard an eminent oculist in London say that often he was the first to tell many who were sent to him, after examining their eyes, that they were but out of health, and that the failure of sight or pains in the eyes were only symptoms which would disappear when the stomach was restored to order. Doubtless many aurists could relate similar experiences.

nourishment soon become imperfect ; fermentation gradually supervenes, carbonic acid gas, which partially paralyses the organs, is produced, and disease eventually is, and must be, the result. The only real cure, is to *stop* all foods that ferment and paralyse and form carbonic acid gas in the stomach and bowels, for *to feed* a time *exclusively* upon lean meats, eliminating entirely from the meats all fibrous tissue, skin, and fat ; and to thoroughly and persistently *wash out* the sour stomach, bowels, and the whole system with the hot water. Dr. Salisbury further says that if we have the knowledge and the disposition to amend, and if we eat and drink healthily ; repair, even to perfect health, becomes a *certainty*. Surely this promise, given after such long and wide experience, is encouraging and stimulating in the highest degree. I, too, can only say to reassure and cheer on the fearful and doubting, that in every case where I have seen the Salisbury Treatment honestly tried (in serious illness as in only slight ailments), I never

saw the shadow of failure, nor have I ever heard of any failure, nor of anything but *out and out good* to the patient that came from adopting it: nor do I see, logically, how it can possibly fail. A valued though never seen friend, whose experience of the Salisbury Treatment is very great indeed, writes: "I have never known of any case where the treatment did any harm to the patient. Even in cases where the patient has no "grit", to see the treatment through, he has always been benefited in his general health by his spurts of temporary adherence," and I also have witnessed the absolute truth of this myself.

I now come to a point which, though I have before alluded to it, I beg your leave to urge once more upon you *strongly*. Indeed, there are two points, and from experience and observation I hold them both to be of great importance. First, I advise any one suffering from *sleeplessness*, neuralgia, gout, rheumatism, indigestion of all kinds, including sleep-walking, cramp, nightmare, "the fidgets," and so on, and

from delicate health generally—even if such persons persist in rejecting the *strict* diet—while taking their hot water daily, as often as they can manage it; to make their *last meal at night, a meat meal entirely*; preferably of beef broiled, roasted, or minced, according to their own powers of mastication and digestion. And even those in comparatively fair health (especially those of us not growing younger), would be very wise to make lean meat, roast or broiled (which includes fish and game) their *chief* food of an evening: *because* the digestive powers in nearly all cases, are weaker at night than at mid-day; and the lean meats digest very quickly and readily, and do not produce distension and flatulence, as other foods are apt to do. The evening meal also should be the lightest of the three. It is, further, very bad for “the wind,” by which I mean the respiration, to go to bed either on a full stomach, or on one containing an undue amount of fermentable food, such as bread, puddings, &c. A great deal of so-

called asthma, even in young people, owes its origin to this latter pernicious practice. Let any one try this meat supper conscientiously for a week or two consecutively, and he will experience a wonderful benefit. The gouty, and rheumatically-gouty, will find, as the result of a moderate entirely meat meal at night (not forgetting their hot water of course), that they are able, amongst other good gained, helpfully and less and less painfully to use their poor weak hands in the morning, and similar advantages will accrue in the other cases also, and even yet more abundantly will the great gain be felt (almost at once too) by the *Sleepless*. We cannot, we who are not robust and very strong, expect calm and undisturbed sleep with the "risings" of a yeast-pot inside of us from eating fermentable food at night. I repeat, for the sake of the exceeding gravity of the possible consequences of sleeplessness, do please just give this a fair trial. Many a fine highly strung mind which runs off the

rails through insomnia, that all too common source of suffering and disaster nowadays, *could be saved by thus simplifying the supper or last meal.*

The second point is this; I hesitate to press it, knowing it will be unwelcome advice; I have not a doubt though that it is *good* advice from my own oft-recurring experience, and my observation of other cases. All those suffering from any of the above-named phases of illness, from weak nerves, nervous depression, any illness in fact in which nerves play even a subordinate part, will find themselves greatly helped to get better if they will *for a time, give up altogether tea and coffee*, and confine themselves, until stronger and sounder in nerve-force, to a little good meat soup, crust coffee, or a small cup of hot water with their meals. Tea and coffee have great medicinal value, and are, in æsthetic parlance, “distinctly precious;” taken on special occasions (by the delicate) they are splendid tonics and don’t do much harm:

taken habitually their effect is undoubtedly strongly deleterious in many ways, and notably as affecting *sleep, and nerves.*

I do indeed passionately desire for the health and happiness of my kind, that the Salisbury System and its proved truth, efficacy, and exceeding value as a logical, demonstrable remedy for illness simple and complex, shall soon become a household word; for the accumulating experience of every week, aye of every day, confirms me in the *profound conviction* that this system of cure is the most efficacious and beneficent ever conferred upon suffering humanity.

And as practical recognition of its scientific principles of operation and thorough straightforward success gains ground, illness in all its forms, and with all its attendant wretchedness, unless from poisons, infections, or accidents, will gradually be expelled from the earth. This is

no Utopian dream, but a tangible Reality, which is indubitable and indisputable.

I am told that I shall with unthinking people weaken the cause of the Salisbury Treatment by what I have just said. But I do not write for unthinking people, nor dare I conceal or modify what I know to be a Great Truth through fear of what they may unthinkingly say. I write for people whose lives are saddened and darkened by pain and illness either in their own persons, or by seeing others suffer, and who, with amazement, rack their brain day and night, as I did mine, to find out *the reason of it all*, convinced that if I could get hold of that, I was on the fair high-road to health again. Those who have kindly come with me thus far will, using their intelligence and power of thought, not misjudge the value of the Treatment, nor seek to controvert my statement, but will see that as we have stamped out the Plague or Black death, and are endeavouring successfully to do the same by small-pox, cholera, and other

epidemics, through everywhere creating such sanitary conditions as shall render these unhealthy states difficult, and finally impossible : so shall we individually, holding in our own hands the knowledge calculated to keep sickness at bay, eventually become exempt from those other illnesses which we now bring upon ourselves, and which mar and embitter and shorten our lives. As now we are the makers of sickness for ourselves, so shall we then be the architects of our own perfect health, and all lend a willing hand in building up that of our weaker comrades.

I am truly and warmly grateful to you, friends and strangers, who from reading my first edition, have so pluckily, and with fine faith and trust, gone in for the Treatment, to your "*great benefit*," as so many of you have kindly let me know. I venture to think that you will find this second edition (thanks to the extensive "cribs" from Dr. Salisbury's book), much more definite and useful in all its details, so that you can guide your own cases suc-

cessfully to a cure by its help. The questions you have asked me, have also taught me a great deal in various ways; so true is it that the person who answers the question, is not seldom the one who is chiefly the gainer by the answer. Go bravely on in faith, in *certainty* of recovery. No man can hinder it if *you*, with your whole heart and soul associated in the good work, adhere to the right and avoid the wrong alimentation. In this, as in all else here below, you are your own best friend and helper, or worst enemy, and your dearest interest lies in your own hands. See to it that nobody, nor friend, nor doctor, succeed in dissuading you from the right path (alas for me this day had I listened to the dejected forebodings of either when I began the Salisbury Treatment). The pain and weakness are yours to bear, yours and not another's, if you return to the old ways of feeding that wrought your affliction; if for the future you feed in what has been shown you is the right way, the good health, long life and welfare will

be yours no less ; and the grave responsibility of choice—rests with You.

HEALTH BE WITH YOU !

And now I close with once more a quotation from the book which has so luminously elucidated for us the Cause, Prevention, and Cure of Disease. “From these experiments (in dieting the hogs) we learn this important lesson : *Even hogs “cannot make hogs of themselves” with impunity, on a diet that the digestive organs were never made to properly digest and assimilate. . . .* This fact is so vital, not alone to animals, but also in an even greater degree to MAN, that I may be pardoned if I repeat, in closing my work, *Nearly all our diseases, aside from those produced by parasites, poisons, and injuries in general, are the terrible outcome of defective and unhealthy feeding. . .* It is my abiding hope that the People may be brought to see these facts for themselves, and may by individual and intelligent self-control aid their physicians to restore and maintain the oft-imperiled

balance of Health. Without it, there is neither Beauty, Use, nor Happiness for us ; in its absence all the great glories and truths fade away from our sick vision. . . If we will not learn Nature's methods, she crushes us in the reversion of her laws, and passes on. But if we examine and inaugurate her processes, we become as calm and strong as she, and, like her, in our lives we receive and manifest the Divine."

For all shortcomings in composition, defects in arrangement, or failure in explicitness, I sincerely ask pardon of my readers. Repetitions have been somewhat forced upon me from the novel aspect, strange and a little hard of acceptance, that the Salisbury Treatment of Disease presents at first to many minds in England, completely upsetting pre-conceived notions, popular fallacies and old prejudices which die hard ; but, firm in con-

fidence and trust, I joyfully look on to the time when all these shall have "melted away like streaks of morning-cloud into the infinite azure of the Past."

No man can do better than his *best*, and I beg to assure my readers that what I here offer them is, with all its deficiencies, my most anxious and painstaking best. For the subject-matter I in no way apologise. By every word of it I am prepared to stand, to die for its truth if need be, or, —what suits me better—while I live, to proclaim it.

It is my dear and earnest hope that, through the influence of this little book, I too may have my share in forwarding far and wide, the mission of the powerful and beneficent Salisbury Treatment.





APPENDIX.

WHEN I foresee (from worry, &c.) the probability of less sound sleep than I am used to under the Salisbury Treatment, I employ this means, which I hope others will find as effective as I do ;—premising, however, that I always rigidly abstain from fermentable foods at night.

On turning into bed, lie on the side on which you usually sleep, and get into a *perfectly restful and comfortable position*. Close not only your eyelids, but your eyes also, letting them follow the downward direction of the lids, and fixing your attention on keeping them down. Then, when the breathing has become quite gentle and regular, count softly to yourself, with no motion of the lips or sound at all, your respirations up to fifty.

Invariably long before I arrive at half that number I am lost in the enchanted fields of sleep, and earth's joys, and cares, and sorrows, exist not for me.



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